

VISION THERAPY CHECKLIST

Dr. Élisabeth Foucault OPTOMETRIST*

Dr. Nadia Lypka OPTOMETRIST*

PATIENT NAME: _____ DATE: _____ Dr. Kenneth D. Lypka OPTOMETRIST*
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(please check all that apply. In some cases, it may be helpful to consult the patients teacher)

- School performance not up to potential

Signs of eye teaming problems:

- Squints, closes or covers one eye while reading
- Eyes that cross or turn, even a little bit
- Complains of eyestrain
- Complains of headaches
- Complains of double vision
- Complains of words moving around on the page
- Poor reading comprehension
- Repeats letters within words
- Omits letters, numbers, or phrases
- Tilts head while working at desk
- Odd working posture at desk activities

Signs of eye decreased eye movement abilities:

- Head turns as reads across page
- Loses place frequently while reading
- Needs finger or marker to keep place
- Short attention span while reading or copying
- Frequently omits words
- Writes up or downhill on paper
- Rereads or skips lines unknowingly
- Orients drawings poorly on page

Signs of focusing problems:

- Complains of blurred vision at any distance
- Complains of fluctuating vision
- Complains of eyestrain
- Complains of headaches
- Rubs eyes and/or eyes water when reading
- Poor reading comprehension
- Is tired at the end of the day
- Holds things very close
- Blinking, grimacing, squinting or poor posture with near tasks
- Headaches in forehead or temples
- Words move or "swim" on the page
- Blinks excessively at desk tasks or reading
- Makes errors in copying from board to paper
- Squints to see chalkboard, or requests to move closer
- Blinks to clear distance vision after reading

Signs of perceptual and processing problems:

- Spelling problems
- Hard to remember what is read
- Reversal of words, letters, or numbers
- Difficulty recognizing minor differences
- Fails to recognize same word in next sentence
- Repeatedly confuses words with similar beginnings and endings
- Fails to visualize what is read silently or aloud
- Whispers to self for reinforcement while reading silently
- Uses "drawing with fingers" to discriminate similarities and differences
- Trouble learning left from right
- Poor reading comprehension
- Poor recall of visually presented material
- Can respond orally but not in writing
- Seems to know material but does poorly on written tests

Signs of decreased hand-eye coordination abilities:

- Must feel things "to get the idea"
- Repeatedly confuses left-right directions
- Misaligns vertical series of numbers
- Poorly spaced words, can't stay on rules lines
- Uses hand as "spacer" to control spacing and alignment on page
- Eyes not used to "steer" hand movements; extreme lack of orientation; placement of words or drawings on page

Secondary symptoms:

- Smart in everything but school
- Low self-esteem, poor self-image
- Temper flare-ups, aggressiveness
- Frequent crying
- Short attention span
- Fatigue, frustration, stress
- Irritability
- Day dreaming
- Inattentive



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