

# Vision Therapy Associates

FY👁️'s

## Ocular Motor Dysfunction

Ocular motility is the ability to coordinate eye movements. There are six muscles around each eye, which must work together in an extremely sophisticated manner in order to accurately control, aim and move the eyes.

There are three types of eye movement patterns.

- fixations – the ability to hold the eyes steady on a target
- pursuits – smooth following movements, like those used in follow a ball
- saccades – point to point eye movements, like those used to go from word to word when reading

### Signs and Symptoms:

Individuals with this fairly common condition may exhibit the following symptoms:

- loss of place when reading
- skipping or repeating words or rows
- need to utilize finger or marker in order to avoid loss of place
- difficulty copying
- careless mistakes
- excessive effort and length of time to complete paperwork
- general fatigue with paperwork
- difficulty tracking, following, hitting, or catching objects

### Treatment:

The treatment of ocular motor dysfunction is vision therapy, which facilitates the development of accurate and efficient eye movements. This condition rarely resolves when left untreated.

Typically we ask to see our patients each week for a one-hour (one-on-one) vision therapy session in the office. This session is conducted by our certified vision therapists and is individualized to meet each patient's individual needs and goals. There are also activities assigned to be done at home on a daily basis.

The average length of time to complete a vision therapy program is six months. We typically do a progress evaluation after 13 visits, but expect to see progress even before this.

**Stress-reducing “reading” lenses may be prescribed during or at the conclusion of active vision therapy to support the newly developed skills.**