

# VISION THERAPY

## *FREQUENTLY ASKED QUESTIONS*

Find out how vision therapy works and **get the problem corrected.**

SCHEDULE A CONSULTATION TODAY - 763.478.3505

**1**

## **WHAT IS VISION THERAPY?**

Vision therapy utilizes progressive and specific exercises, tailored to meet the individual needs of each patient. This therapy is used to correct tracking issues (e.g. losing your place while reading), convergence problems (inability to bring eyes together or sustain the ability for near work), and focusing problems (under or over-focusing, or having issues looking far to near and near to far).

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## **IS THERE SCIENTIFIC EVIDENCE VISION THERAPY REALLY WORKS?**

There are many studies that show the benefit of vision therapy to address vision and reading issues. We diagnose and treat the most researched vision challenges, such as those listed prior, to ensure we have the best outcomes. We are happy to provide these studies for review upon request.

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## **WILL YOU DEFINITELY RECOMMEND VISION THERAPY FOR MY CHILD?**

After gathering specific testing data, we will know and be better able to advise what options there are to help your child. Not all kids need vision therapy. We are candid in our consultations about how vision therapy may or may not be the right fit for your child.

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## **HOW LONG DOES IT TAKE TO DO THERAPY?**

We initially recommend starting with 6 months of therapy, although each individual case is different. Depending on the level of training needed, it could be longer or shorter than this. Timelines for your child would be specifically addressed after your Visual Skills Evaluation.

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## **HOW LONG DOES IT TAKE BEFORE WE WILL NOTICE BENEFITS?**

Every child is different, and the depth and breadth of their vision and reading issue is unique. This can vary the amount of time it takes to start seeing improvement, but most kids and parents start to notice improvement within 2-3 months of starting therapy.

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## **WHAT IS MY RESPONSIBILITY AS A PARENT IF MY CHILD DOES VISION THERAPY?**

We have once or twice per week options for therapy visits, which last 20-30 minutes. If opting for once per week, there are homework exercises to be done each day for at least 20 minutes. Twice per week therapy will have minimal homework for your child.

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## **WHAT HAPPENS WHEN YOU STOP? WILL IT EVER NEED TO BE REPEATED?**

Vision therapy is preferably done in one continuous therapy session. This allows a child to build their skill set, ensuring mastery of the more basic skills first. There are some kids who, if younger, may need to revisit vision therapy when older as they will have a better understanding of the exercises. However, once the brain learns how to read/track/focus/converge efficiently, it does it consistently for the rest of your life. The key is completion of therapy, as stopping early fails to address all areas.

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## **WHY DON'T YOU TAKE INSURANCE FOR VISION THERAPY?**

Unfortunately, many insurance companies don't pay for vision therapy, in spite of the research that supports its outcomes. Some will pay for only a small portion of therapy, which constitutes only a few sessions in most cases. In order to provide the 1:1 therapy your child needs, we do not allow insurance to dictate how that is delivered.

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## **HOW MUCH DOES VISION THERAPY COST?**

Your first step is to schedule a Visual Skill Evaluation (**\$195.00**). If Vision Therapy is recommended to you, a 6-month block starts at **\$3,060.00**. You are able to use Care Credit, FSA, and HSA dollars towards this investment in your vision.

