# Post-Trauma Vision Syndrome

## Common Conditions in the Concussed Student

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| **Convergence Insufficiency** | - Eyestrain  
- Blurred vision  
- Double vision  
- Words jumping off the page  
- Words jumbled together | - Brock String  
- Pencil Push-Ups  
- Tranaglyphs | - Allow extra time for testing and assignments  
- Reduced schoolwork, testing, projects and assignments |
| **Accommodative Dysfunction** | - Headache/eye strain when looking at notes then board  
- Blurry vision  
- Hard to focus | - Accommodative Rock  
- Reading with Flippers  
- Design Copy | - Allow student to obtain class notes/power points ahead of time  
- Allow test/quizzes to be read to students  
- Allow use of cue cards for testing  
- Limit computer usage  
- Use of audio books  
- Allow breaks as needed |
| **Saccadic Eye Movement** | - Skipping words or letters when reading  
- Headache  
- Eye strain  
- Double vision | - Saccadic Workbook  
- “First Word Last Word”  
- Column Jump | |
Post-Trauma Vision Syndrome
Common Concussion Conditions

Vision disturbances after a concussion are very common. Vision is so easily affected that a simple visual test is being used in professional sports to determine if a player should be removed from the game. Visual symptoms may be temporary or may still be there after other problems have resolved.

Symptoms of a post-concussion vision problem may include:

- Blurry or unstable vision
- Double vision
- Sensitivity to light
- Trouble reading or viewing your computer
- Dizziness driving or in the supermarket
- Lack of depth perception

Post-concussion vision disturbances affect all of our daily activities including work, school, sports and social life. Most vision disturbances after concussion can be treated and you should seek treatment as soon as you or others notice a problem. Without treatment, visual problems may limit your success in recovering from a concussion.

The most common changes after concussion are difficulty teaming our eyes together for near work such as reading or computer use and loss of the ability to make print clear. Known as convergence insufficiency and accommodative dysfunction, they are easily diagnosed and treated by a NORA doctor.

Treatment may include eyeglasses for near work such as reading or computer use, vision rehabilitation therapy to rebuild your visual skill, or specially tinted lenses to reduce light sensitivity. Treatment is designed to relieve your symptoms and to help you return to your daily activities.

Neuro-Optometric Vision Rehabilitation (NORA) Optometrists are here to help you. NORA doctors can diagnose and treat visual processing problems that appear after brain injury. They can work closely with your rehabilitation team such as occupational, physical and speech therapists so your visual problems will not limit your success in recovering from your concussion.

Remember, there is hope and there is help for the hidden vision problems that frequently accompany brain injury.
Convergence Insufficiency

What is it?
Binocular (two-eyed) vision disorder in which the eyes do not work easily together at near. Eye teaming becomes disrupted, and eyes will have a tendency to drift outward when doing near work.

Signs and Symptoms
- Eyestrain
- Blurred vision
- Double vision
- Words jumping off the page
- Words jumbled together

Treatment
- Brock String
- Pencil Push-Ups
- Tranaglyphs
Accommodative Dysfunction

What is it?
Inability to sustain prolonged near focus. There is a decrease in accuracy, facility and flexibility.

Signs and Symptoms
• Headache/eye strain when looking down at notes then up at the board
•Blurry vision
•Hard to focus

Treatment
• Accommodative Rock
• Reading with Flippers
• Design Copy
Saccadic Eye Movement

What is it?
Rapid eye movement used to voluntarily move gaze from one target of interest to another. It must be fast and accurate to support clear vision.

Signs and Symptoms
• Skipping words or letters when reading
• Headache
• Eye strain
• Double vision

Treatment
• Saccadic Workbook
• “First Word Last Word”
• Column Jump