

vision
is more than 20/20

If your child or someone you know has difficulty learning, chances are they may have a vision related learning problem.

Visual wellness evaluations help determine the best course of action.



About the Clinic

Founded in 1995 by Dr. Lori Mowbray, a Board Certified Developmental Optometrist and a Fellow with the College of Optometrists in Vision Development, the clinic specializes in working with children and adults with visual dysfunctions. A Board Certified Developmental Optometrist is an optometrist who has additional training in the testing, diagnosis and treatment of vision disorders. Board certification happens through comprehensive testing completed with the College of Optometrists in Vision Development.

Unsurpassed for its thorough evaluations and highly trained therapists, the clinic has helped people overcome visual disabilities with a 95% success rate after therapy. Our therapists receive training in the latest vision therapy procedures by board certified vision therapist training staff, as well as national leaders in the field of vision therapy.

Programs offered at Minnesota Vision Therapy Center include vision therapy for learning related problems, vision therapy for strabismus (eye turns) and amblyopia (lazy eye), post trauma therapy, special needs therapy and a guided preschool development program. We also offer educational services (many of which qualify for continuing education credits) at no cost as a public service to help you understand and help others with vision disorders.

Free Evaluations

The evaluation process takes place at our Bloomington clinic. Lasting approximately 1½ hours, the evaluation is followed by a consultation with a member of our consultation staff. During the consultation, the results of the evaluation will be discussed, along with any recommendations for treatment.

Clinic Locations:

Bloomington • Mankato • Owatonna • Osseo

952.844.0844 • 877.756.0844

Call today for a free assessment or email at:
mvtc@minnesotavisiontherapy.com

EYE TURNS AND LAZY EYES

ANSWERS TO
YOUR QUESTIONS
ABOUT
STRABISMUS
AND
AMBLYOPIA



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What is Strabismus?

Strabismus is commonly referred to as a “crossed eye” or “wandering eye”. It is a visual condition in which a person is unable to align both eyes simultaneously. When the eyes do not point at the same object at the same time, the result is the appearance of one eye turning in relationship to the other. A person with strabismus has reduced binocular function and depth perception.

People who have strabismus struggle with visual space orientation. This orientation is a mental phenomenon that exists in the visual cortex of the brain. If left untreated, the eye that turns may develop reduced visual acuity, a condition known as amblyopia or “lazy eye”.

Whether the eye turn is constant or intermittent, strabismus always requires treatment. It will not go away on its own, and children will not outgrow it.

What is Amblyopia?

Amblyopia is commonly referred to as “lazy eye”. It is a visual condition that is manifested by reduced vision, which is not correctable by wearing glasses or contact lenses. Amblyopia is often the result of long-term suppression of the eye’s signal from the brain.

The treatment of strabismus and amblyopia are quite similar. While historically it was felt that nothing could be done about amblyopia after the age of seven, new research and clinical experience have shown that strabismus and amblyopia can be treated successfully at any age. The tradition of patching the “good eye” has fallen from favor as research demonstrates that constant patching can damage the binocular cells of the eye. Newer treatment methods utilize minimal patching combined with appropriate activities that stimulate both the monocular and binocular cells of the eye.

Facts about Vision Therapy and Surgery

Vision Therapy is a progressive, non-surgical method of retraining the eyes and brain to work together. During vision therapy, a series of exercises, including procedures done with lenses and prisms, are done in conjunction with minimal patching to build new eye-coordination skills. The

final result is the both eyes are cosmetically straight and work together as a team.

Surgery for strabismus deals only with the physical extraocular muscles. It is not related to the functioning of the eyes with the brain. The result of strabismus surgery is only a cosmetic improvement. The eyes after surgery may appear to be straight, but are now in a position that the brain does not recognize. This often results in double vision (diplopia) or suppression of images from one or both eyes. The brain’s coordination with the eyes must be changed through vision therapy or strabismus may reoccur.

What if Surgery has Already Been Performed?

It is never too late to correct visual problems through vision therapy. Permanent results are possible for both children and adults. Visual problems that are corrected can improve self-esteem, as well as academic, athletic and job performance.

What if I See 20/20 with or without Corrective Lenses?

Many people with visual problems including strabismus and amblyopia can pass visual acuity, or 20/20, screenings. There is more to vision than visual acuity. Eyesight is the ability to “see” small objects at a given distance with or without lens correction. Vision is a learned skill that included eyetracking, eye teaming, focusing and perceptual skills. Both eyes and the brain must work together to control the ability to interpret, identify, and make sense of what is seen by the eye.



Success Stories

I am 48 years old and have lived almost entirely in a seemingly two-dimensional world. Though I was diagnosed in high school with amblyopia, and was told to do one exercise for one month, I could tell no difference afterwards in my headaches and eyestrain. Glasses were prescribed, but I was told only to wear them "if they helped" (they didn't).

After having vision therapy I've begun entering a three-dimensional world. Experiencing space has been awesome. My self-confidence in reading is back-minus sore, red eyes and headaches. I'm grateful for being able to read for longer periods of time. -Jani

Abby would often complain of headaches after a day of school. That has stopped completely. She has read more books in the last 6 months than she ever has. She loves to read now and can't get enough. Her spelling and comprehension have greatly improved. She can do a "big and busy" day at school & come home without a headache and she has energy to spare.

I can't believe the differences! She is a happier child and I'm a happier mother. I am so thankful for the therapy and recommend it to anyone who has the same concerns and problems Abby had. I'm a true believer that seeing is more than just 20/20 vision. -Martha

Vision therapy has changed my life! Before vision therapy I had trouble concentrating in school and often experienced headaches after reading for even short periods of time.

Now that I have completed my therapy I have seen amazing changes. My comprehension has greatly improved and I no longer experience headaches no matter the length of reading time. My depth perception has benefited also. I no longer park three feet from the curb. Also, my athletics have improved. I raised my batting average nearly 50 points from my junior to senior year and I made far fewer errors. I recommend vision therapy because the people are great, helpful, and care about helping you. And the exercises are fun as well as helpful. Vision therapy takes an hour a week but the results last a lifetime. -John