VISION & LEARNING CENTER

FOR VESTIBULAR AND NEURO PTs

When dizziness or balance goals stall, check the visual side.

Balance runs on three inputs: vestibular, proprioceptive and visual. When the eyes don't team, focus or move accurately, vision can send the brain mixed signals, and dizziness, motion sensitivity and unsteadiness can linger even with skilled vestibular rehab.

Refer when you see

- Gaze stability work brings on blur, double vision or headache
- Symptoms build with reading, screens or scrolling
- Stores, patterns or traffic set off dizziness
- Near work or convergence is hard after a concussion
- Covers or closes one eye, or tilts the head
- Progress plateaus despite good vestibular therapy

What we check

- **Eye teaming and convergence:** common after concussion
- **Eye movements:** pursuits, saccades and fixation stability
- **Focusing,** near and far
- **Peripheral and spatial awareness,** including visual midline
- **Visual-vestibular integration:** when vision and balance don't agree

Tracking is built on solid binocular skills, so eye teaming comes first. Treatment may include lenses, prism, tints, partial occlusion or neuro-optometric vision therapy.

How we work together

Your vestibular program and our vision work run side by side. We tell you which visual tasks the patient can handle right now, for example near or far targets and plain or busy backgrounds, so gaze and habituation progressions don't overload the eyes. As eye teaming improves, your progressions can often move faster. When we see dizziness that looks vestibular, such as positional vertigo or hypofunction, we send the patient to you. You get a written report within 7 days of the evaluation, with the patient's consent, and progress updates during treatment.

Refer in 2 minutes

Online: scan the code or go to visionlearncenter.com/referral. Check "Please call the family" and we call the patient within 1 business day.

Fax or call: (561) 462-1245. **Or** give the patient our handout; they book themselves.

Send to emergency care the same day for sudden severe dizziness with a new headache, sudden double vision or vision loss, a drooping eyelid, or new weakness or trouble speaking.

PT

FREE IN-SERVICE FOR PT TEAMS

The visual side of balance and movement

A 30 to 60 minute session for your therapists, taught by Dr. Murray at your clinic or online. **Call (561) 462-1245** to set a date, or to talk through a patient.

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