

The Effect of Vision Therapy based exercises on eye teaming , tracking and visuo- attention skills in a 5 year old ASD boy – A Case Study Report

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ABSTRACT

Background: Vision Therapy is more than just “eye exercises”. It is a practical method of “reprogramming” the brain and body to work together as a team. Much like physiotherapy is for the body, vision therapy is for the eyes. Vision therapy can improve a wide range of vision and learning difficulties. This training procedure can be performed in both home and office settings, but always under the professional supervision. As vision therapy is a non-invasive procedure and there have been during years no consistent criteria for its prescription, a great variety of exercises or treatment regimens with no scientific basis and a doubtful control over the condition treated have been developed. This has led to a negative perception of vision therapy in the medical community, with a rejection of this procedure of improving visual performance by health care professionals, including many eye care practitioners (ECP). However, recently there is a scientific basis for vision therapy and there are a lot of well-conducted studies, including controlled clinical trials, providing a scientific support to the work performed by many ECP everyday worldwide.

Objective: To evaluate a set of exercises from vision therapy regime applied in form of movement and play therapy on the eye teaming and tracking in a boy aged 5 years with ASD.

Research Design : A Case Study Report , **LOE :** Level V1

Outcome Measures : 1) TVA Assessment tool for Visual Attention , 2) Gaze fixation , 3) Teddy bear cancellation test

Method : The subject was pre and post assessed on the above mentioned outcome measures and tests . He was presented with “Vision Therapy “exercise program for a time span of 8 weeks . The exercises were performed under the guidance of the professional / pediatric physiotherapist. Each session was scheduled for 45 mins , 3 times in a week for the entire course of therapy. Since the child had concerns of Autism (ASD) , a multisensory approach was incorporated in the Vision therapy exercise regime with elements of movement and play therapy along with sensory integration principles. Exercises were made child led and playful. The exercise regime has been adopted from “ Vision Therapy Institute located in Queensland , Australia which are devised from standardised studies done by Australasia College of Behaviour Optometrists and The Optometric Extension Foundation.

Results: The child has shown enhanced visual attention along with good eye-teaming and tracking ability post the innovative approach of vision therapy carried out for 8 weeks .

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Conclusion: This study shows although Vision Therapy is a slowly growing field of rehabilitation and minimally

researched but it is proving significantly beneficial for Visual- Attention skills in ASD children.