



Cimarron Vision Therapy
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Referral To: Amy Thomas, OD, FCOVD
Optometrist Specializing in Vision Development

Patient Information

Name: _____

D.O.B.: _____

Parent Name: _____

Phone: _____

Referring Doctor

Name: _____

Phone: _____

Fax: _____

Reason for Referral

- Convergence Insufficiency
- Binocular Dysfunction
- Accommodative Dysfunction
- Oculomotor Dysfunction
- Amblyopia
- Strabismus
- Learning Related Difficulties
- Sports Vision Evaluation
- Traumatic Brain Injury Rehabilitation
- Stroke Rehabilitation
- Other: _____

Patient Rx

_____ 20 / _____

_____ 20 / _____

Patient Ocular Health

- Normal with dilation
- Normal without dilation
- Pathology was found and is being followed by the appropriate provider

NOTE: Please bring this form with you to our office to receive a \$50.00 credit toward the Visual Skills Evaluation

Is There a Vision Problem?

Assign a value for each symptom.

0=never / 1=seldom / 2=occasionally
 3=frequently / 4=always

Blurred vision at near	
Double vision	
Headaches with near work	
Words run together when reading	
Burning, stinging, watery eyes	
Falls asleep when reading	
Vision worse at the end of the day	
Skips or repeats lines when reading	
Dizziness or nausea with near work	
Head tilt or closing one eye when reading	
Difficulty copying from the chalkboard	
Avoidance of reading and near work	
Omits small words when reading	
Writes uphill or downhill	
Mis-aligns digits in columns of numbers	
Reading comprehension declines over time	
Inconsistent/poor sports performance	
Holds reading material too close	
Short attention span	
Difficulty completing assignments in reasonable time	
Says "I can't" before trying	
Avoids sports and games	
Difficulty with hand tools-scissors, calculator, keys, etc.	
Inability to estimate distances accurately	
Tendency to knock things over on desk or table	
Difficulty with time management	
Difficulty with money concepts, making change	
Misplaces or loses papers, objects, belongings	
Car sickness/motion sickness	
Forgetful, poor memory	

Add the scores together:

20 - 24 points = suspect vision problems

25 or more points = high likelihood of vision problems

Here is information about your referral to Cimarron Vision Therapy...

Most patients come to us surprised that they are being referred over a matter involving vision.

You are being referred to our office because some findings in your recent eye exam indicated that a visual or perceptual problem might be involved and that further testing is in order.

You would be amazed at how common vision problems are. Studies show that about one in four people have some sort of visual limitation that will affect their academic, work, and personal life. Our office focuses on identifying and remediating those problems.

What will happen next?

Please contact our office so we can email you some preliminary information. You will also have the opportunity to ask questions and discuss your doctor's findings. We understand that most people want more information before they make any commitment to treatment. If, after talking to our patient care coordinator, you feel that further testing is necessary, you can set an appointment for a full examination.

You can speed this process by filling in the checklist on the front of this form. It is scored and has been scientifically normed so you can get an idea of what might be going on. The higher the score, the more likely it is that a visual problem exists. Dr. Thomas will use this information as part of her evaluation.

The first appointment is called the Visual Skills Evaluation. It tests 18 different visual skills to determine the depth of the visual problems and possible treatment options. If Dr. Thomas feels the need for further testing, the Perceptual Skills Evaluation will be scheduled. Following the evaluation(s), Dr. Thomas will prepare a report with the diagnoses, explanations of how the vision problems tend to affect daily life, and possible treatment options. You will then be asked to return to our office to go over the report.

What kind of treatment is this?

The treatment for visual difficulties relies on the ability of the brain to rewire itself (plasticity). It consists of multiple sessions with a trained therapist who guides patients through a process of learning or re-learning how to use the visual system.

This therapy helps a person understand how to use their vision most efficiently and effectively. The treatment time varies according to the nature of the problem.

How can I learn more?

Please call with any questions you may have or attend one of our free workshops about how vision can affect school attention, work and even trigger changes in behavior. Or, visit these web sites:

www.covd.org

www.oepf.org

www.visionhelp.com

www.pavevision.org

Double Vision is extremely disruptive to reading. It often gets worse as the day wears on, or as reading extends beyond a few minutes. Many children block the vision of one eye in order to avoid seeing double.

Here is an example of a common treatable vision problem. Many children don't realize they are seeing double because they've always seen that way. It is a good idea to show this to the child while asking if the words on the page ever look like this. Also ask if the words seem to swim or move on the page, especially later in the day when the child is fatigued. A yes is a clear sign vision of a problem. If the answer is no, the child may be shutting off one eye to avoid the double vision.