

CONCUSSION AND YOUR VISION



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 brain injury.

Remember there is hope and there is help for the hidden vision problems that frequently accompany brain injury. NORA doctors and therapists are here to maximize your recovery. To find NORA professionals in your area, go to [\[\[ADD LINK TO HEALTH CARE LOCATOR PAGE\]\]](#)