

How Vision Therapy is Changing My Life

Hello I am Donovan, age 12. I have completed two sessions of V.T. (vision therapy). How is vision therapy changing my life, you might ask? Well, I can finally read for more than 40 minutes without the horrid pain of reading before I started V.T. Prior to therapy, I could only read approximately 2 pages, before my eyes would hurt and need to look away.

When I was younger, I had vision therapy in another state. That therapy was very boring, and hard to complete, both in and out of the office. This time around, working with Kevin and Ali has been fun and supportive. I enjoyed going in for appointments. The home therapy was easy to complete because it kept my interest. I enjoyed watching my scores increase, and competing with my own best score. Being able to see my scores increase helped to keep me motivated. My confidence improved as I knew I was getting better. Looking at the graph where it all started, my scores were very low. I feel proud about my accomplishment and my scores have soared.

I can also cross my eyes with ease and they don't get tired like they used to. It makes life easier, that I can focus on things that require focus. My vision has improved overall. It feels more sharp and clear, like I am better able to do everything.