

## Don't get lost— in the holistic approach to optometry!

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Denmark 2008

## Category of problems.

- Refractive problems.
- Visual motor coordination problems.
- Cognitive Visual problems.

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## Refractive Problems

- Hyperopia.
- Anisometropia.
- Astigmatism.
- Myopia.

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## Visual Motor coordination Problems.

- Tracking eye movements.
- Saccadic eye movements.
- Fixation.
- Binocular disabilities.

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## Cognitive Visual Problems.

- Perception.
- Visual – language integration.
- Visualization. (Visual thinking).

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### Emotional & social.

#### Specific skills:

School: Reading, writing, arithmetic etc.  
Sports, handcraft, driving a car, biking etc.

#### Cognitive abilities:

Attention, perception, concentration, self-control,  
organization, imagination, visualization, visual manipulation

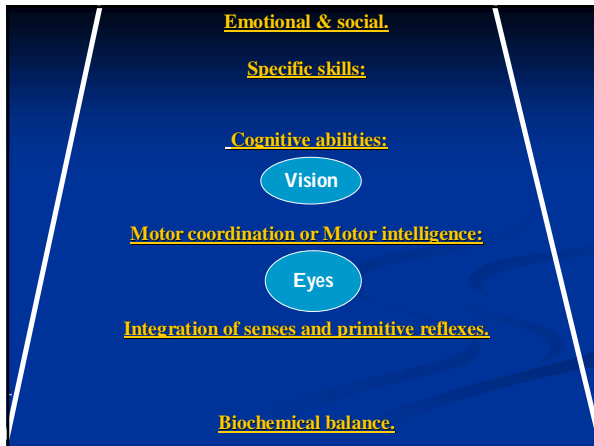
#### Motor coordination or Motor intelligence:

Fine Motor Coordination: eyes, tongue, fingers and toes.  
Vestibular integration: Inner ear, sense of body and Vision.

Gross Motor coordination: Head, body, arms and legs.

#### Integration of senses and primitive reflexes.

#### Biochemical balance.



## What kind of patient's?

- Hyperopia.
- Strabismus.
- Anisometropia.
- Astigmatism.
- Learning difficulties.
- Behavior problems.
- Myopia.

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## What kind of patient's?

- Headaches.
- Eye strain.
- Double Vision.
- Lack of Concentration.

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## How do we examine?

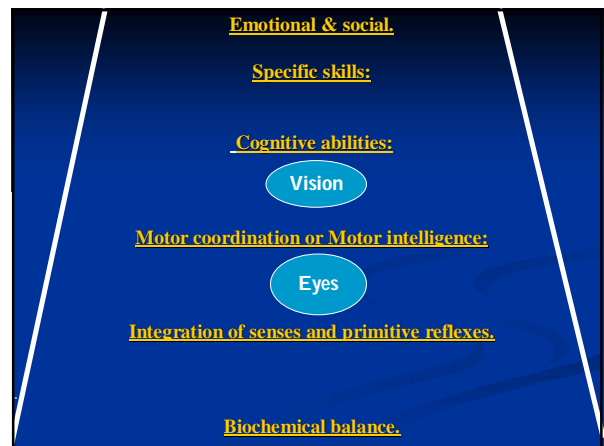
- Interview.
- 21- point visual analysis.
- Additional tests.
- We collect a lot of data!
- How do we avoid getting lost?

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## Think holistic!

- Any visual problem can be due to insufficiency of lower functions.
- Any refractive or binocular visual problem is compensations due to insufficiency of lower functions.

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## Don't get lost – make a plan!

- Plan of intervention.
- Priority areas.
- Make a conference with the patient.
- Modify your priorities to the patients understanding and expectations.
- Progress evaluation and review of priorities.

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## Forced to holistic thinking!

- Cairo. 75 minutes to do interview, examination, conference and the program for the next ½ year.
- 7 patients per day.
- Good learners with “eye problems”.
- Poor learners.
- Hyperactivity & ADHD.
- Asbergers & severely autism.
- Cerebral Palsy & Brain Damage.

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## Test program.

- Pursuits, convergence and spring fixations.
- Worth 4-dot.
- Retinoscopy.
- Keystone.
- King Devic
- Primitive Reflex testing
- General observations.

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## Additional tests

- Hair Mineral Analysis.
- Denver Developmental Screening Test.

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## My holistic tool box.

- Compensating lenses.
- Developmental lenses.
- Visual Therapy.
- Cognitive Movements.
- Integration Movements.
- Nutrition.
- Digestion.
- Hart Rate exercising.
- Detoxification

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## Priority of the program

Typical “eye problem” case.

- Spectacles.
- Reflex & cognitive movement program.
- VT- program
- Nutrition and supplements.
- Physical exercise.

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## Priority of program.

Typical learning problem case:

- Reflex and cognitive movement Program
- Nutrition & supplement.
- Cognitive visual skills
- Physical exercise.
- VT-program
- Spectacles.

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## Priority of program.

Typical ADHD case:

- Nutrition & supplement.
- Primitive Reflex integration.
- Cognitive gross motor activities.
- Cognitive visual skills.
- Physical exercise.

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## Priority of program.

Typical Autism case:

- Probiotics.
- Nutrition & supplements.
- Detoxification.
- Neurodevelopmental programme.

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