



Honsberger Physiotherapy

Performance Vision Training

Performance vision training can improve **balance, peripheral vision, visual recognition speed and reflexes**. More importantly it allows the body to adapt to the demands and stresses that an individual must face during an actual activity or sport.

In stressful situations such as athletic activities, vision becomes negatively affected which can lead to a decrease in depth perception, peripheral vision and visual speed. This leads to a breakdown in the vestibular system (the part of the brain that controls balance).

When an individual multitasks, balance is one of the first things to suffer, which can lead to poor performance, injuries, and errors in judgement. By integrating vision and proprioceptive (balance awareness) skills, the individual develops the ability to better focus directly on specific tasks and activities.

All evaluations of performance vision test 6 specific areas of eye function and coordination which are necessary in all sporting activities.

- A. **Focusing** which assesses the flexibility of the focusing system. The better the focus, the less the visual fatigue. Normal score is 60-70 letters/ minute
- B. **Tracking** tests the ability for the eyes to quickly and accurately jump from point to point in space and still stay on target. Normal score is 60-70 letters/ minute
- C. **Vergence** is the ability to accurately cross and uncross the eyes, which allows the athlete to maintain single (binocular) vision from near to far and far to near. Normal is 0-2 inches
- D. **Sequencing** is the ability to organize visual information into a given order. A normal score is 5-7 sequences.
- E. **Eye hand coordination** and Eye-foot coordination. A normal score is 30 seconds.
- F. **Visualization** is the ability to see an image in the "mind's eye". It is needed for consistent performance and concentration. A normal score is 60 seconds.

Results

17 athletes were tested from 3 different sports (rugby, hockey and baseball). Results of sequencing testing show an average of 4.94 sequences with a low of 1 and a high of 7 sequences. Focusing had an average of 53.9 letters/ min with a low of 43 and a high of 72 letters/ minute.

Athletes with high level of sports performance (based on sport results) scored in the normal range. Athletes with a previous history of concussion (5 of 17) scored below average for focusing and sequencing.

Markham Clinic
105-675 Cochrane Drive
Markham ON
L3R 0B8
(905) 940-2627
(905) 940-3136 fax

www.honsbergerphysio.com
honsberger@honsbergerphysio.com

Aurora Clinic
81 Temperance Street
Aurora, ON
L4G 2R1
(905) 841-0411
(905) 841-7311 fax