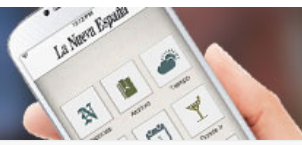


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LYNN Hellerstein | Doctor of Behavioral Optometry

## "Visual learning is like playing ball, something basic"

"95% of children have healthy eyes but should conduct a review before they are a year old"

15.05.2015 | 4:15

**C. JIMENEZ** The American Dr. Lynn Hellerstein yesterday inaugurated the IV Congress of the International Society of Optometry and Behavioral Development with a presentation on "Concussions related to the sport." Dr. Hellerstein is the author of several publications, also serves as associate professor in the College of Optometry of the Western University, among other universities. Among his publications is the award-winning book "See It, Say it, Do it!" (2012), which analyzes the visualization process and its problems in children, or "50 Tips to Improve Sports Performance" (2013), which proposes various exercises for the improvement of sports vision, look at the center his speech.

### What link between learning and visual system?

-a 80% of learning is done through the visual system. It's just one of the 15 important skills involved in developing learning system but the reality is that one in four school-age children has vision problems that can be tracking moving objects, the placement of the eyes together or eye-hand coordination. With vision therapy can improve these problems.

### What display consist therapies?

'First of all, do a very in-depth examination. 95% of children have healthy eyes. The key is to make the tests that allow us to find out if there are problems in the US it is recommended to watch the children are one year before to see if they can develop lazy eye, myopia ... Other problems appear between 3 and 6 years but if not detected, the biggest symptoms arrive at age 9, which is a more tangible result because when the size of the texts at school is smaller. If children are smart enough to 9 years can get by even if they have vision problems, but from that age no longer. We will propose activities with books, games ... The visual learning is like playing ball are basic skills that can be acquired.

### -Also Works with professional athletes, what problems occur?

'Just like the athletes strength and speed work it is also possible to work the vision and visualization capabilities with athletes through depth perception or eye-hand organization. For example, in the office working with a professional golfer we helped improve the positioning of the eyes for correct viewing in shock because twisted view. She helped him improve. We also work with professional basketball players,



Lynn Hellerstein, yesterday, at the Palacio de Congressos. Angel Gonzalez

Photos from the news

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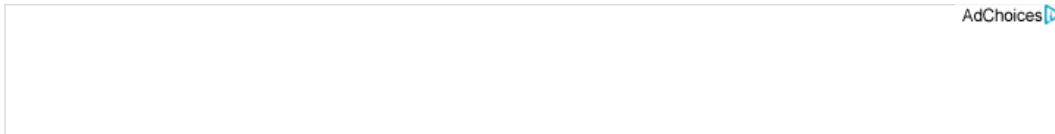
hockey players, football and all sports. Some had double vision when tired, others only had different ranking in the eyes and not wearing glasses or contact lenses. Others suffered concussions by focusing problems, loss of balance, high sensitivity to light, severe headaches ... So the vision as the dominant sense has to be treated properly, like any other body part. But in Spain there are no specialists to perform visual therapy.

#### -What is the role of visualization therapy-related concussions in sport?

-Our Therapies do not treat eyeballs. The vision is a feature found in the brain and to brain trauma there is a very high chance of developing a vision problem. Over 50% of patients develops. In most hospitals, unless you have a direct wound in one eye, areas of rehabilitation does not include visual examination or any treatment and have to work there.

#### And for those who work long before screens. It raises what precautions?

'Sometimes we recommend using a special glasses to work at the computer while the person to see 100%. I also worry about the problems on the thumbs, shoulders, neck ... that develop excessive use of mobile phones these days. Our eyes are not prepared to look at a text that moves and many people spend more than 10 hours in front of a computer. Ultimately they end up with an ergonomic problem. It is advisable to work in cycles of 20 minutes 20 seconds breaks.



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