



San Diego Optometric Vision Therapy

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Is a Vision Problem Affecting You or Your Child? ***Vision Therapy Screening Checklist***

Vision problems can impact reading, learning, comfort, and daily life—often in ways that aren't always obvious. **Go through this checklist and if you or your child experience any of the symptoms below, you may benefit from a comprehensive vision therapy evaluation with a developmental optometrist.**

Binocular Vision Signs/Symptoms

- Seeing double or overlapping images
- Words move, jump, or float on the page
- Losing place while reading; skipping or repeating lines
- Covering or closing one eye to see better
- Tilting head or body when reading or looking at things
- Eyes feel tired, burn, or water during visual tasks
- Frequent blinking or rubbing eyes
- Difficulty tracking moving objects (balls, cars, etc.)
- Trouble with eye-hand coordination
- Difficulty copying from the board or another source
- Headaches or fatigue after reading or using a screen for a short time
- Trouble shifting focus from near to far (or vice versa)
- Avoids reading or near tasks
- Short attention span for visual activities

Learning or Visual Perceptual Difficulties

- Difficulty understanding or remembering what is read (easier when information is heard)
- Slow reading speed; sounding out words instead of recognizing them
- Confusing or reversing letters/numbers (b/d, p/q, 6/9)
- Trouble recognizing letters or objects in different fonts, sizes, or colors
- Difficulty switching between uppercase/lowercase or print/cursive
- Messy handwriting or drawing; poor written spelling but can spell aloud
- Difficulty copying from the board or another text
- Trouble reproducing shapes, letters, or numbers from memory

- Skipping items on worksheets; incomplete copying; missing details
- Difficulty concentrating on visual tasks
- Poor pencil grip or fine motor skills (cutting, tying shoes, writing neatly)
- Missing important details; overlooking visual information
- Difficulty remembering or following sequences (steps, instructions)
- Trouble understanding information from clocks, maps, charts, or diagrams
- Difficulty with math (lining up numbers, counting, graphing, geometry)
- Disorganized with matching, sorting, or dressing
- Difficulty identifying or using money
- Trouble with spatial concepts (in, out, on, under, in front of, behind)
- Avoids or dislikes coloring, drawing, puzzles, Legos, or similar activities
- Difficulty with coordination, balance, or sports

Vision Changes After Concussion or Head Injury

- Blurry or double vision
- Trouble focusing your eyes or switching focus from near to far
- Increased sensitivity to light
- Frequent headaches or eye pain, especially with reading or screen time
- Losing your place or difficulty reading
- Dizziness or balance problems, especially in busy or visually cluttered places
- Feeling tired or overwhelmed after doing visual tasks (reading, computer work)
- Difficulty tolerating busy environments (stores, crowds)
- Problems judging distances or depth (stairs, parking, sports)
- Difficulty tracking moving objects (balls, cars, etc.)
- Eyestrain or discomfort with computer or screen use
- Trouble remembering what you just saw or read
- Difficulty finding things in a cluttered space

If you checked several symptoms, a comprehensive vision therapy evaluation may help uncover and address the underlying issues. Vision therapy can make a real difference in comfort, learning, and quality of life.

Questions? Ready to schedule an evaluation? Contact us at:

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