

What's New?...

EVERYTHING!!

Sarah E. Lane, O.D.

Kraskin Invitational Skeffington Symposium

2021

www.drSarahLaneOD.com

The year 2020...

- Restriction/
constriction
- Freeze/panic
- Deprivation
- Adaption
- Adjustment
- Transformation



Restriction - a limiting
condition or measure

Constriction - the action of
making something narrower
by pressure or of becoming
narrower; tightening

Adaptation - process of changing to
suit different conditions

Adjustment - a small alteration or
movement made to achieve a
desired fit, appearance, or result

Transformation - a thorough or
dramatic change in form or
appearance

Adaptations for my small practice

- No staff
- Online booking, questionnaires and payments
- Virtual therapy

Adjustments

- Creating experiences virtually
- Binocular
- Gross motor
- Perceptual

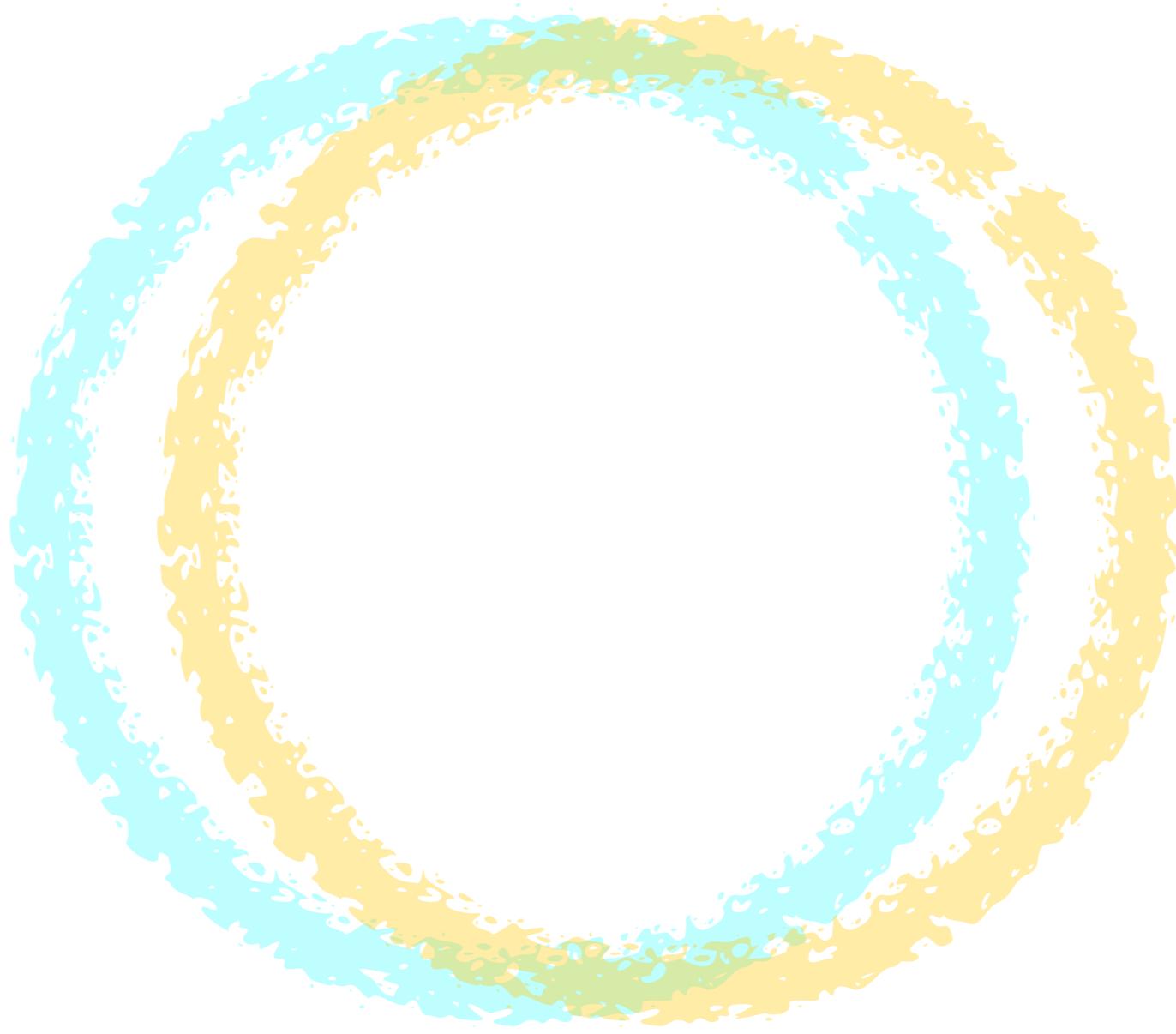
Adjustments for my family

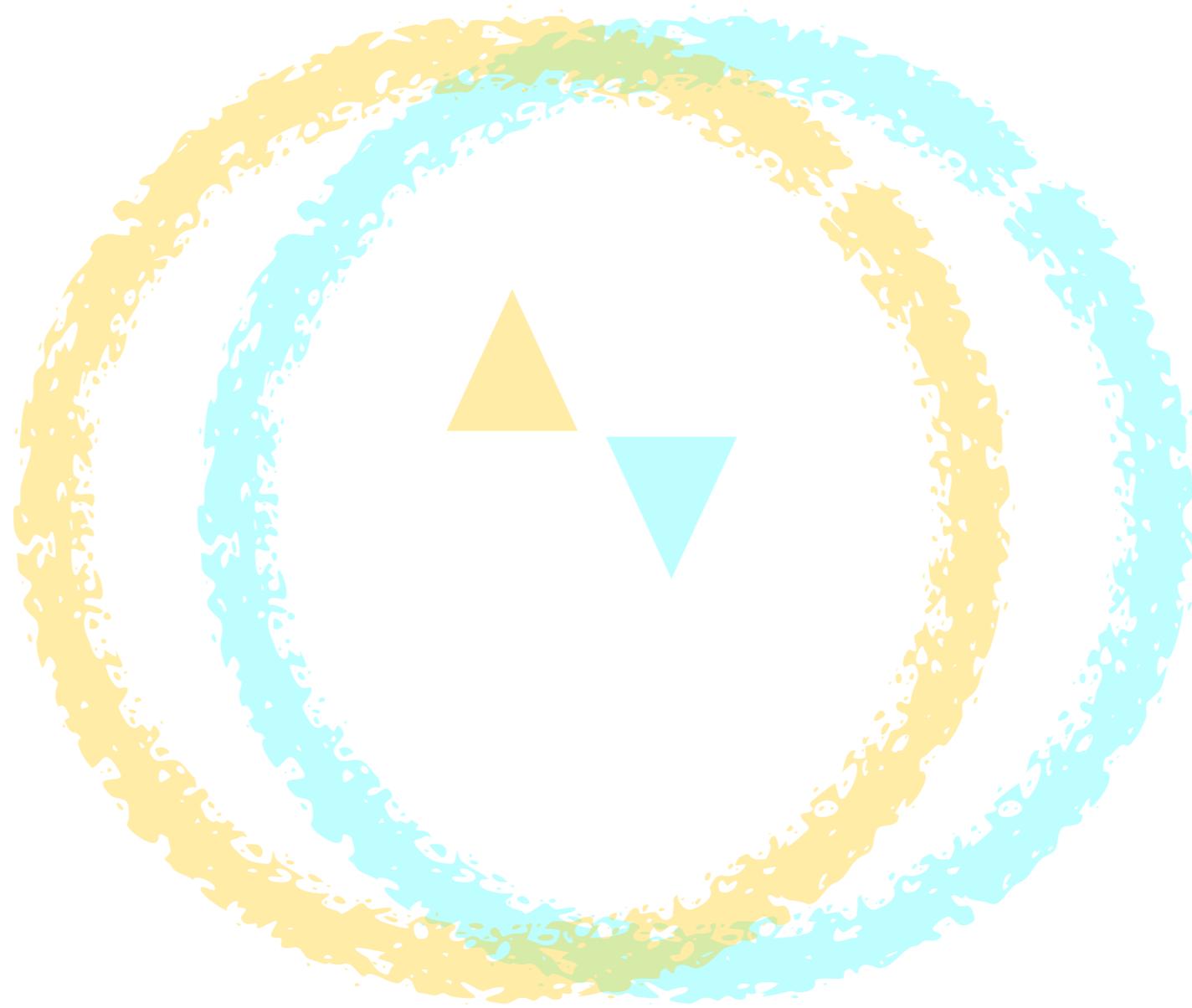
- Homeschooling...not virtual schooling

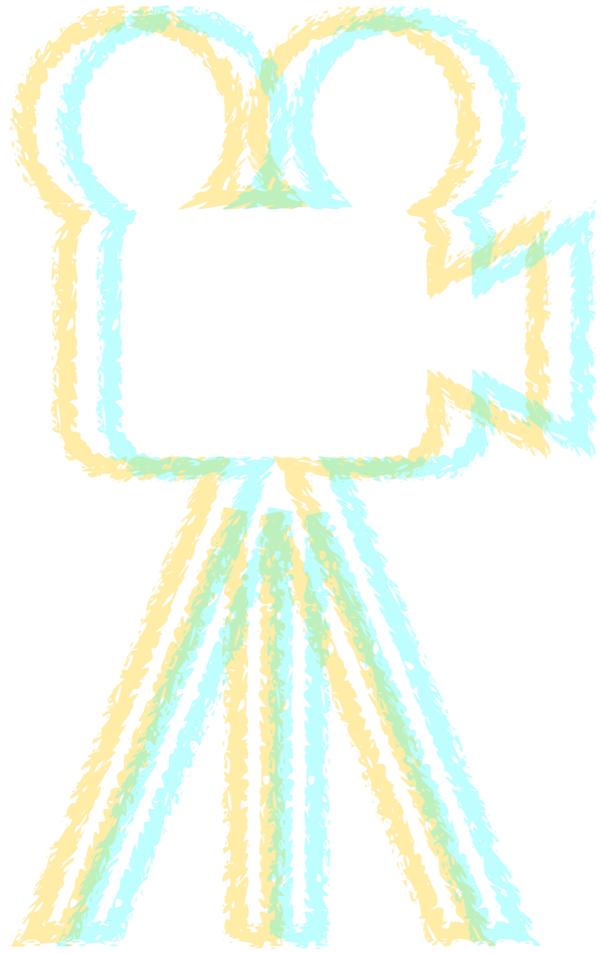
Virtual Therapy

Virtual Therapy

- Emphasis on experience not procedure
- Collaborative
- Integrated with life







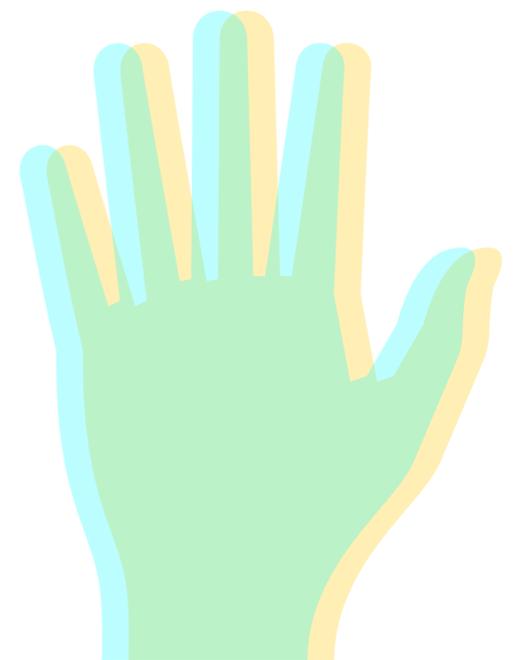
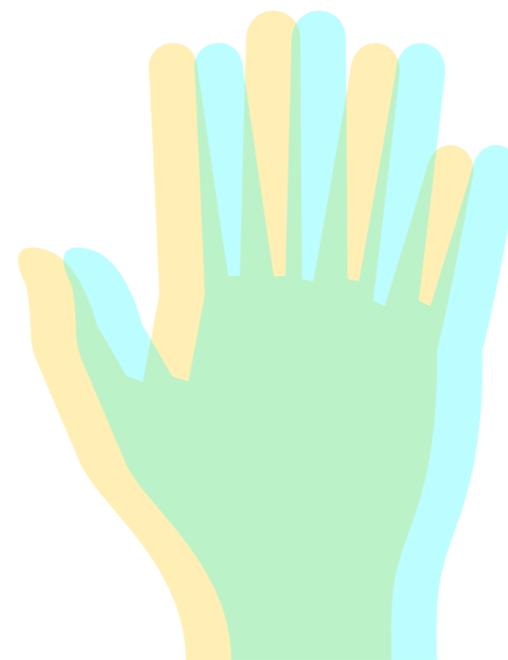
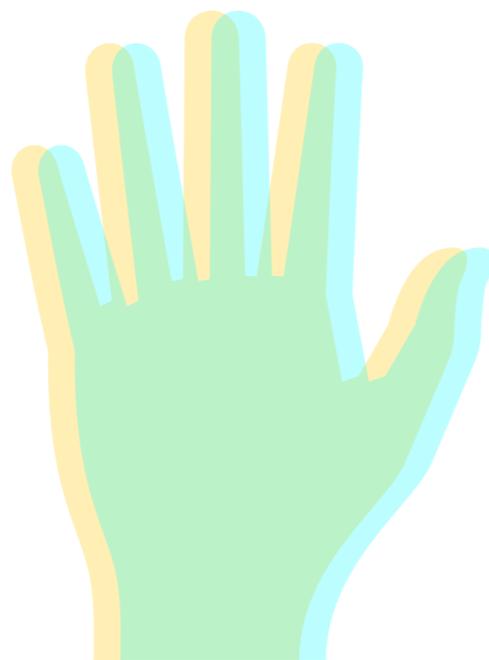
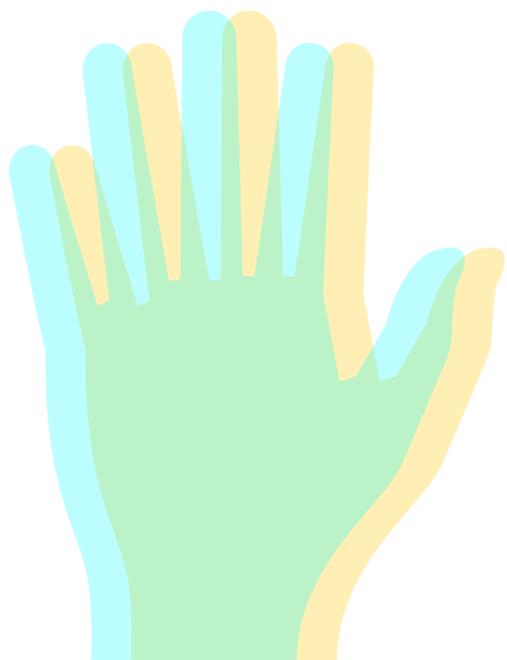
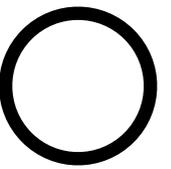
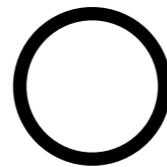
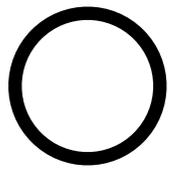
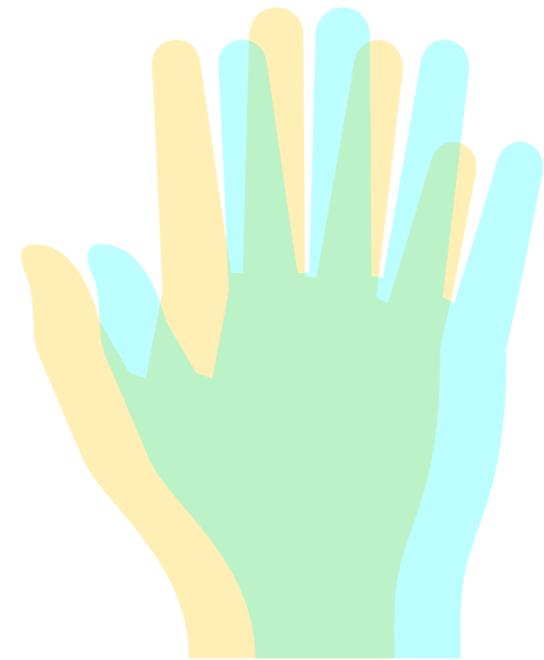
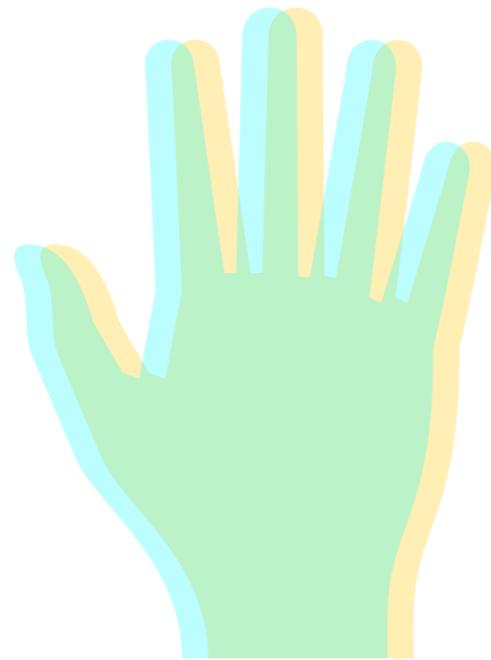
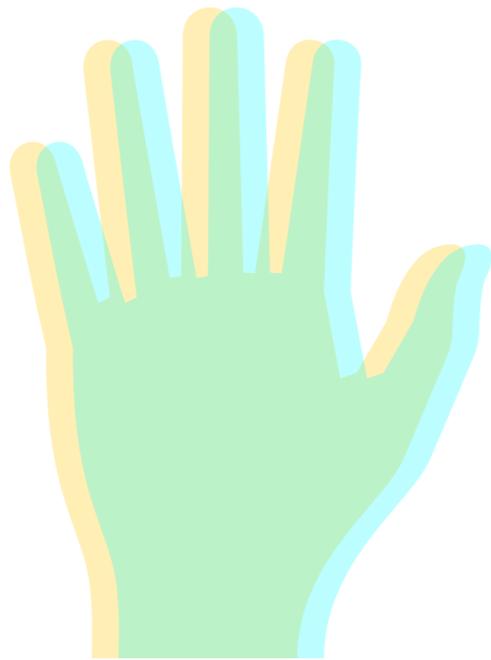
R

L

When **making** a **movie** it helps to have **talented actors** and **actresses** who **can** bring the **words** on the page to **life** with their **theatrical skills**.
It can **take** many **tries** to **satisfy** the **producer** of the **film** but the hard **work** pays **when** the finished product is a **block buster hit**.



Is it **YOUR RIGHT** hand or **YOUR LEFT** hand? Popped or pushed back?



H Y U G T
L O Q T V
U Y E C A
M K I T G
Y T F R J

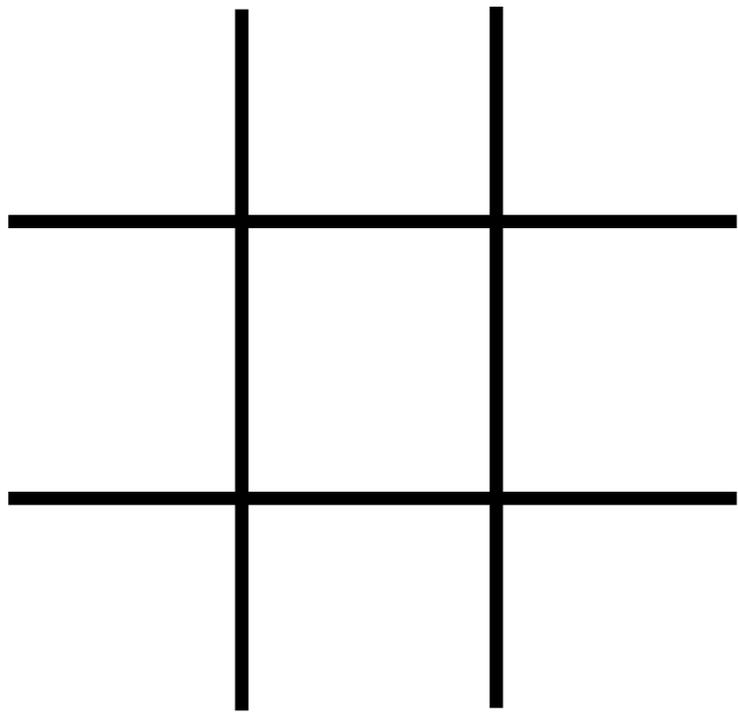
T F S B W
G V R X N
J C K S Z
H C A L O
B K D E I

A F N P D
D T C H E
Y B V L R
X V Q W E
R T Y U G

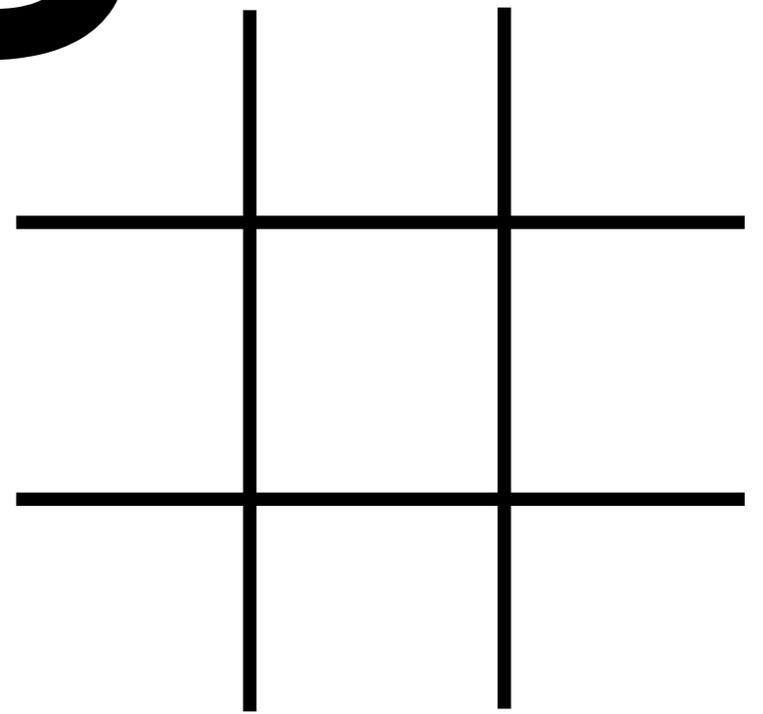
Z X C V B
N W M F A
B V E R T
M K I T G
D H S O H

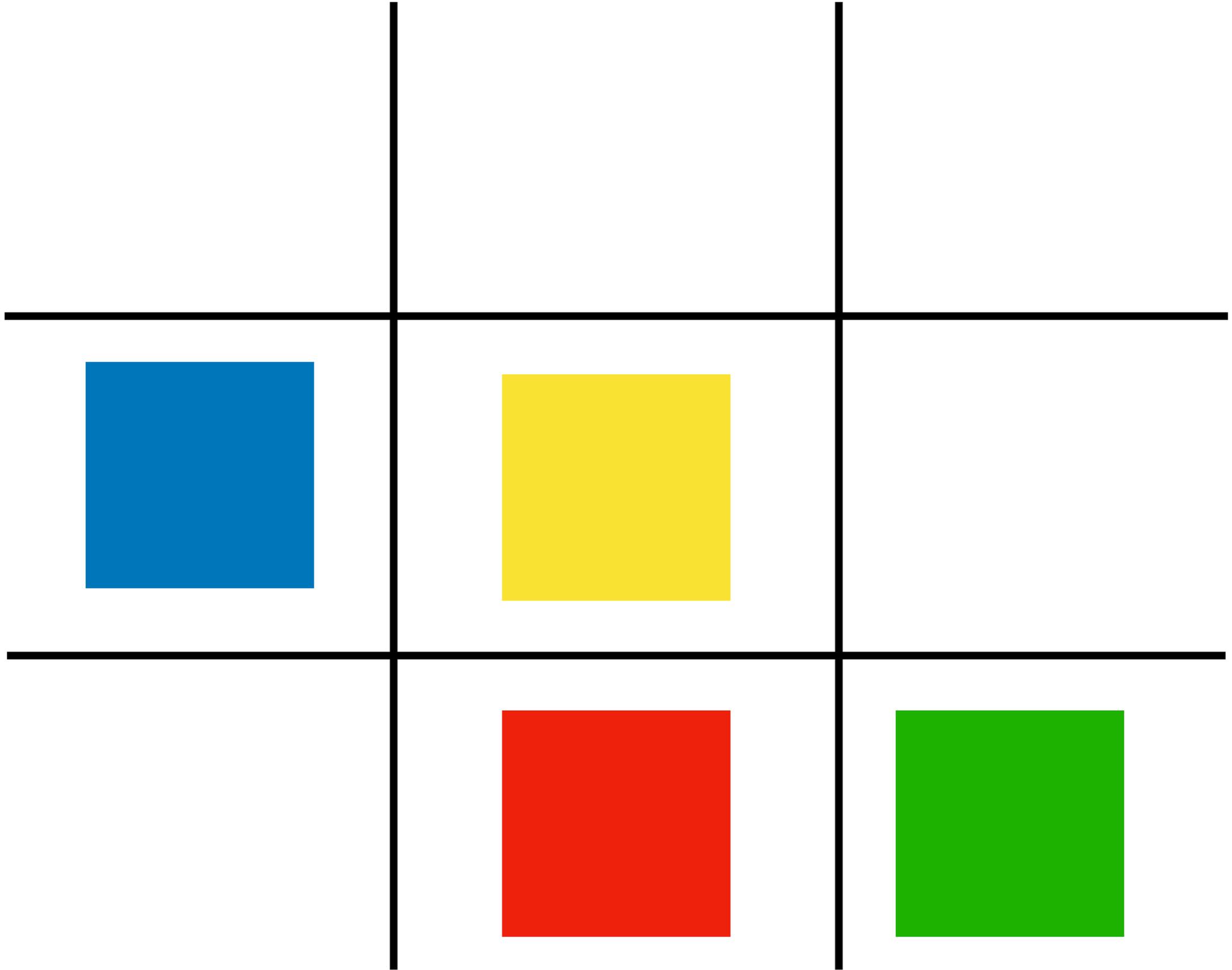
Memory

Grids

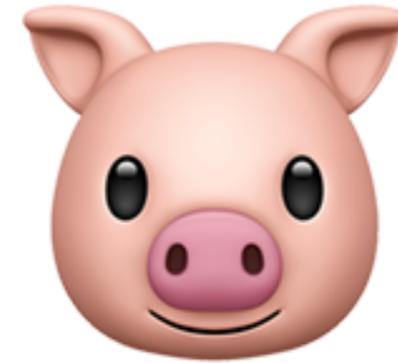


9

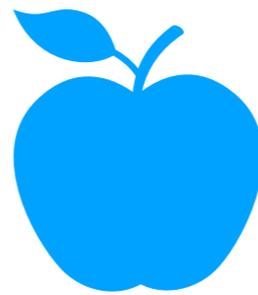
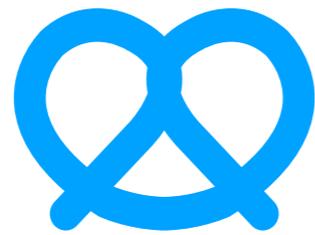


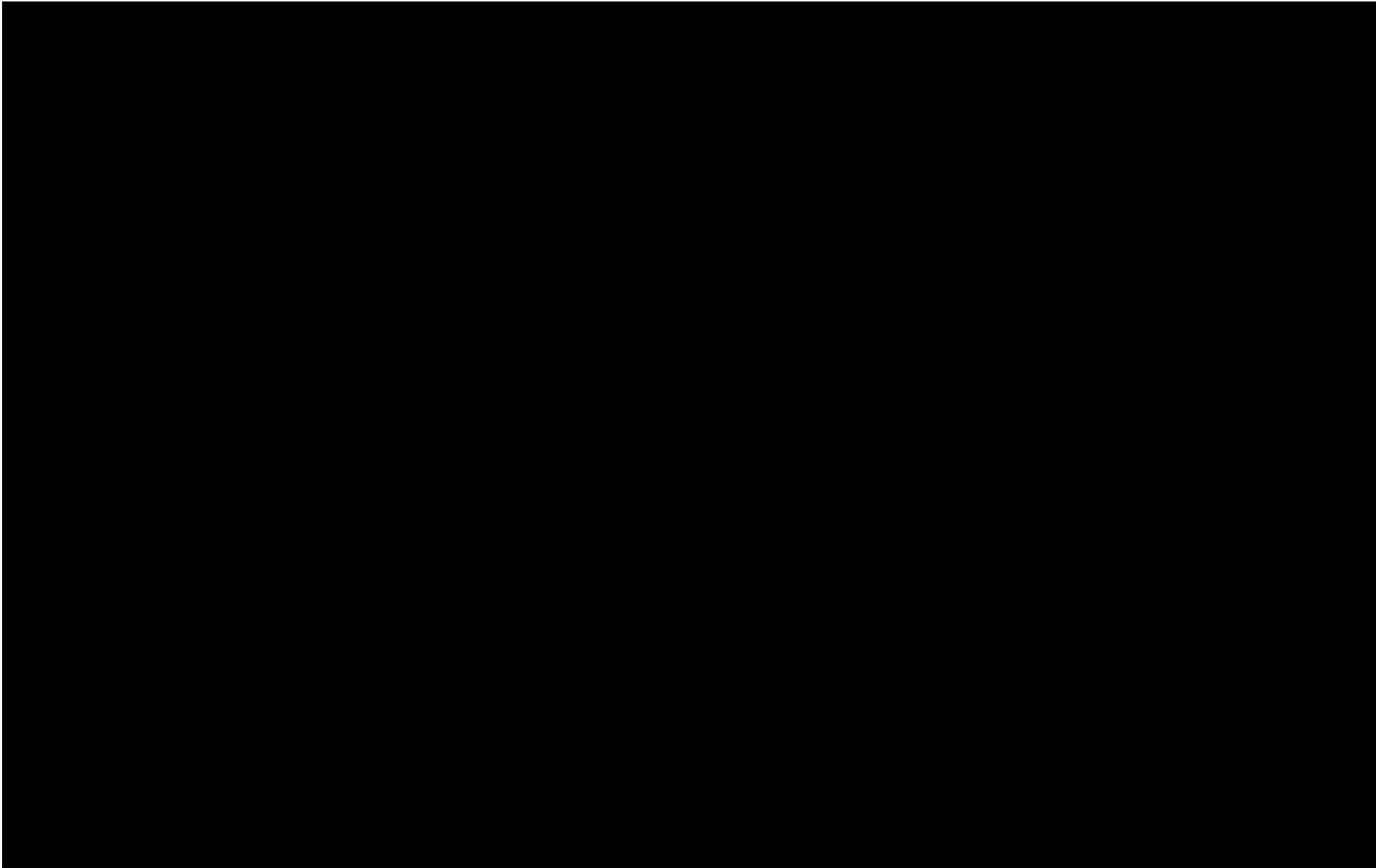






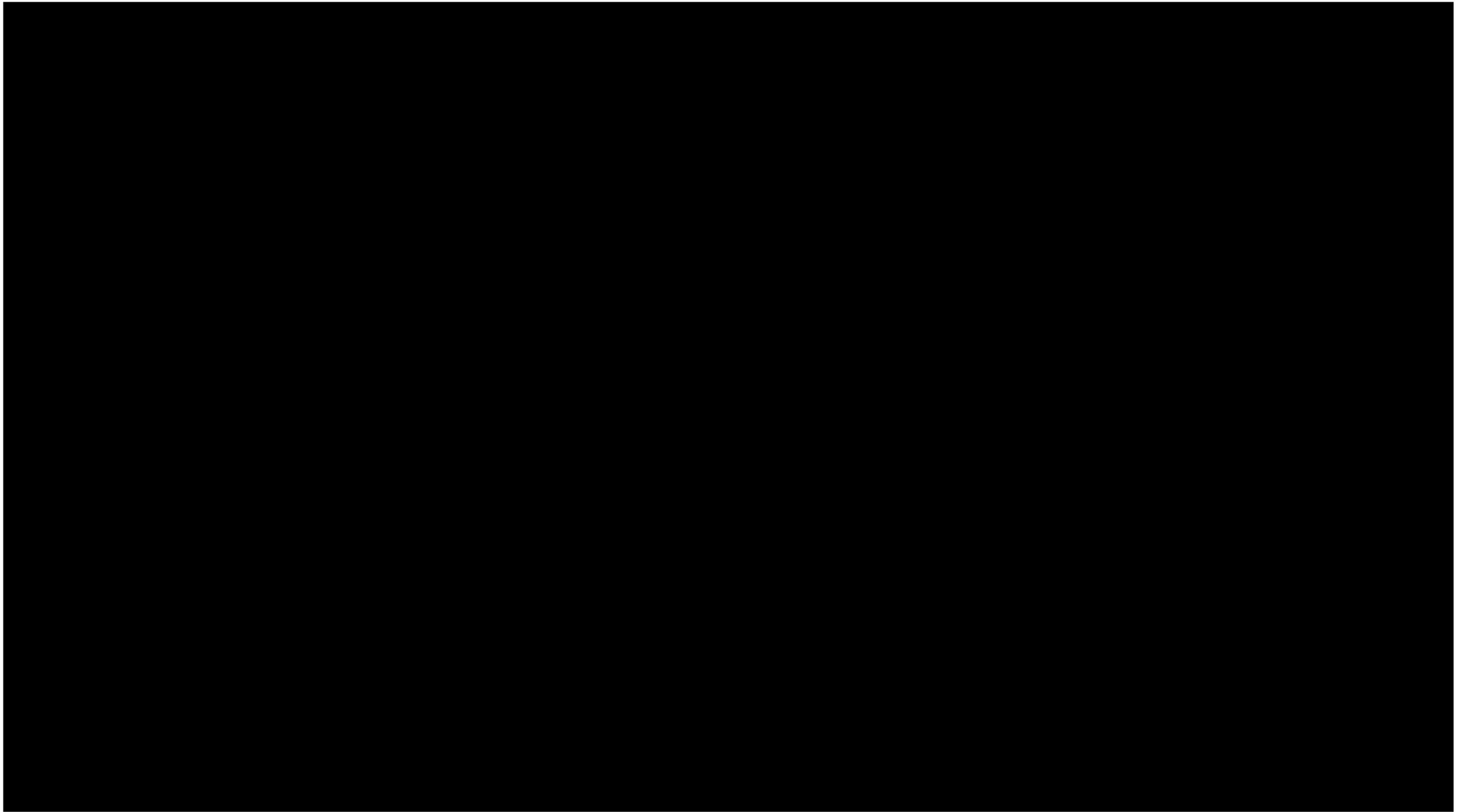






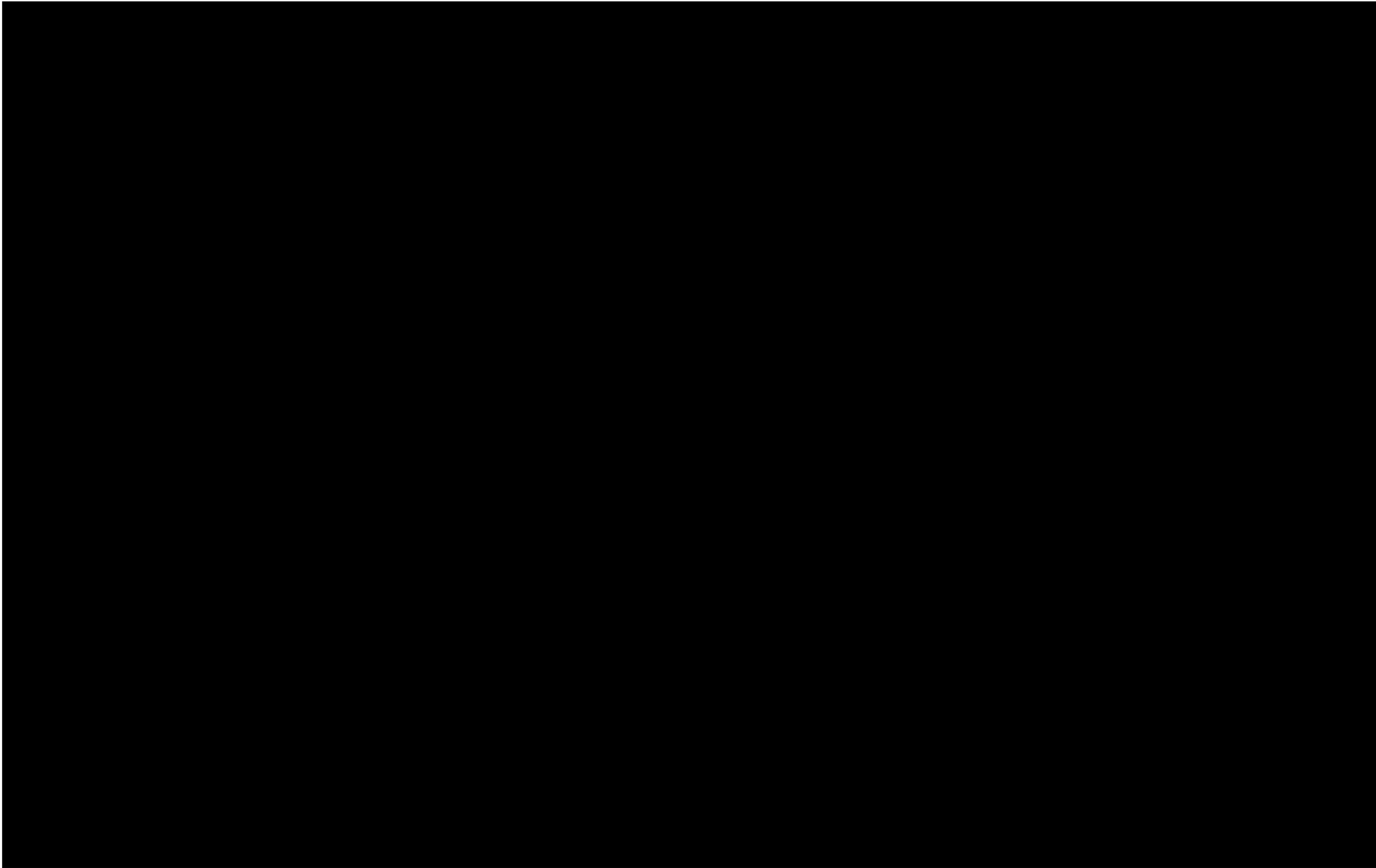


















Meaningful Moves

- My first book has been published!!

Meaningful Moves

Optimize Your Baby's Development



DR. SARAH E. LANE

Meaningful Moves

- The book is designed for parents with young children.
- These exercises can help tremendously in helping a child develop the foundational pieces necessary for optimal vision development
- It is simple and easy to understand.
- Look for it on one of my sites or on [amazon.com](https://www.amazon.com)

Adjustment and transformation are
my only options...

- Sarah Lane, O.D.

Contact info

Sarah Lane, O.D.

office/ cell - 732-966-3839

focuscenterforvision@gmail.com

Websites

www.focusvisioncenter.com - my office

www.movewithyourbaby.com - website
with movements to share with parents
with young children

www.drSarahLaneod.com - website
with some info and documents for
doctors to download