

# AN INTEGRATED MODEL OF VISION

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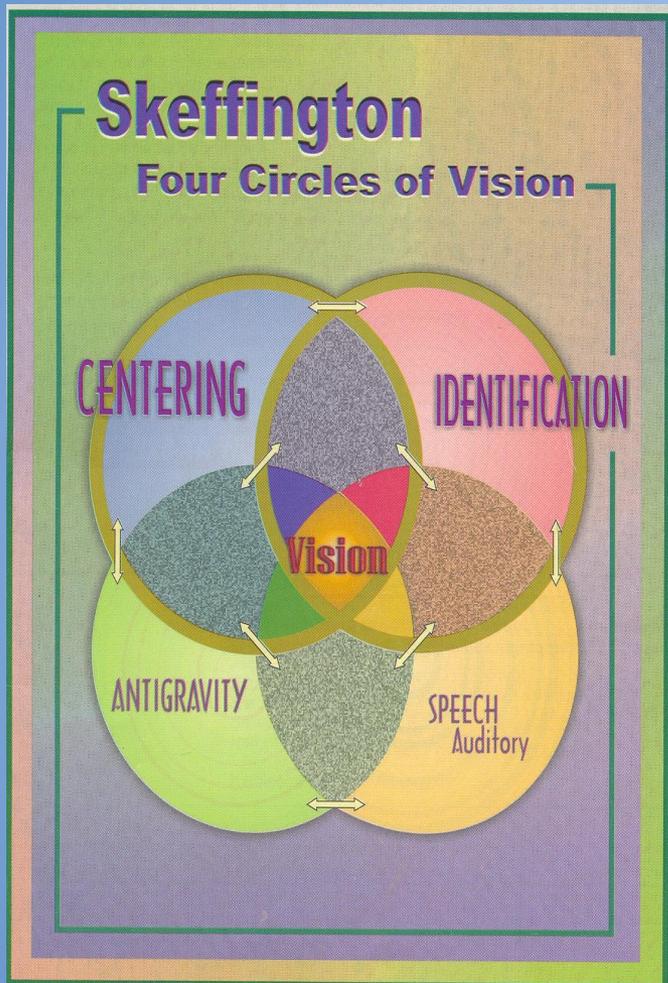
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# Skeffington's Four Circles

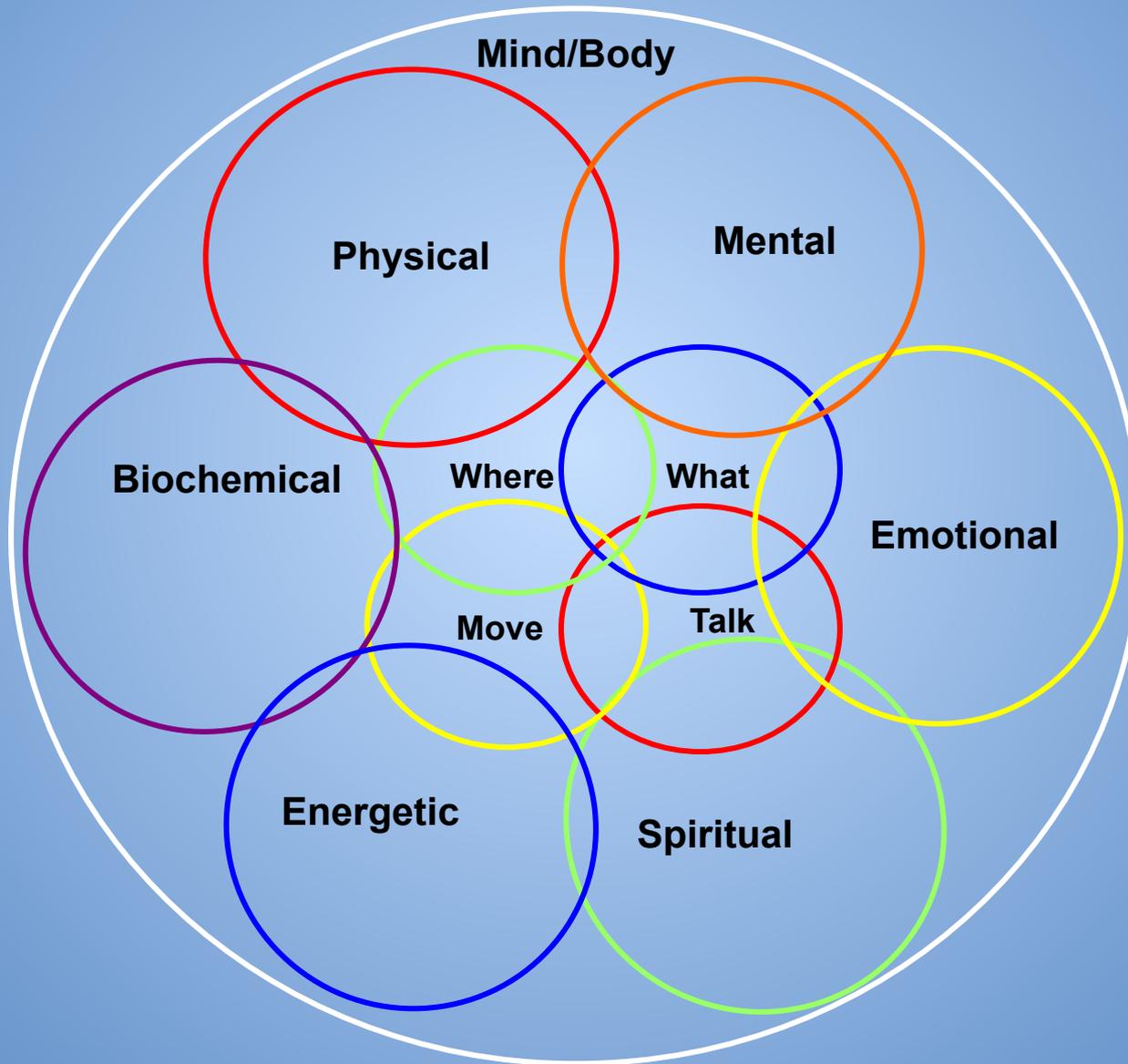


- Identification
  - What is it?
- Centering
  - Where/When is it?
- Anti-Gravity
  - Where am I?
- Speech/Auditory
  - How do I organize, relate/communicate about it?

# Expanded Model of Vision

- Expanded understanding of our patients
- Includes more than just vision
- Looks at environment, social interactions, cognitive concerns
- Addresses total body health such as biological, biochemical, structural concerns

# An Integrated Model



# Physical

## Ocular

- What am I measuring as the problem?
  - Refraction
  - Oculomotor, Accommodative, Binocular skills
  - Ocular Health

## Body

- How is their physical body/structure?
  - Posture
  - Balance
  - Vestibular
  - Proprioception
- Do they have full range of motion, flexibility?
- What is their exercise routine like?

# Biochemical

- What is their biochemistry like?
  - Blood work
  - Genetic profile
  - What is their diet like?
- What medications/supplements are they taking?
  - Vitamins
  - Nutrients

# Mental

- What is their chief complaint?
  - What is their thoughts on the problem and how it affects them?
- What is their general attitude?
  - Optimistic
  - Pessimistic
  - Stuck in past
  - Future oriented
- What is their mindset?
  - Fixed
  - Flexible

# Emotional

- Are there any stressors in place?
  - Financial
  - Work related
  - Illness, challenge or death in family
- How does the patient feel about her life and the demands on her?
  - Calm and focused
  - Overwhelmed and anxious
- How is the patient coping with his problems?
  - Engaged
  - Shut down

# Energetic

- What is the patient's energy like?
  - Energetic
  - Exhausted
- Are they balanced?
  - Sympathetically aroused
  - Parasympathetically dominant
- Who and what is around them?
  - School or work environment
  - Family environment
  - Community
  - Global environment

# Spiritual

- What are their beliefs?
  - Self
  - Familial
  - Community
- What is their sense of purpose?
- How alone or connected do they feel?

# Integrated Vision Examination

- Look at the total person
- Look at
  - Physical/structural
  - Mental
  - Biochemical
  - Emotional
  - Energetic
  - Spiritual



# Integrated Treatment Approach

- Look-posture, parents, attitude
- Listen-what they say, how they say it, others
- Learn-who they are, what their environment, caregivers are like
- Set realistic goals-what they can do, how they learn
- Motivate and encourage your patient-shift mental and emotional state and more
- Utilize lenses, prisms, filters to create meaningful experiences-shift physical, postural, attention, awareness, state with each activity
- Encourage healthy lifestyle modifications

# Integrated Treatment Approach

- Listening
- Offering choices
  - Allopathic medication/surgery/naturopathic
- Prescribing lenses/prisms/contact lenses
- Prescribing nutrients/vitamins/herbs
- Referring for appropriate and/or alternative treatments
  - Naturopathy/homeopathy/herbal medicine/acupuncture
  - Craniosacral/chiropractic/therapeutic massage/Rolfing
  - Physical exercise/Alexander technique/Feldenkrais method/yoga/ meditation
  - Biofeedback/psychotherapy
  - Counseling
  - Vision therapy

# Vision Therapy Activities

## Identification/Centering

- MacDonald Chart
- Minus Lens
- Near/Far Hart Chart
- Brock String with Flippers
- Flashlight A to Z
- Vectograms with Flippers or Projected

## Identification/Anti Gravity

- Walking Rail to Chart
- Arrows to Balance Board
- Balance 4 Corners
- RA-LA
- Slap Tap
- Letters on Back
- Trampoline Sentences

## Centering/Anti Gravity

- Bunt Ball on Balance Board
- Pitchback Catch
- Walking Rail Bean Bag Toss
- Trampoline Fusion
- Vectograms Walking

## Anti Gravity/Speech Auditory

- Angels
- Tiles
- Walking Procedures
- Mother May I
- Touch on Back
- Arrows/Balance Board
- RA-LA and PDBQ
- Chart on One Foot
- Walking Rail to Chart
- Hand Ball Combos

# Vision Therapy Activities

## Identification/Speech Language

- Animal/Color/Shape Charts
- Give/Take instructions
- Visualization Spelling
- Chart decoding

## Centering/Speech Language

- Bunt ball to Chart
- Spirangle Words
- Near Far Red Green Charts

## Anti Gravity/Speech Auditory

- Angels
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# Special Therapy Considerations

- Previous conditions
- Emotional concerns like frustration over change in life, depression, anxiety
- Physical limitations
- Transportation difficulties
- Caretaker interactions
- Quality of life
- Interests and desires

<https://youtu.be/wCXbFkZvAJU>

<https://youtu.be/KqRVITsBSkl>

# More on Vision Therapy

- Traditional vision therapy
  - Lenses/prisms/occluders/polaroids/anaglyphs
  - In instrument
  - Out of instrument
- Movement activities
  - Primitive reflex work
  - Vestibular work
  - Feldenkrais/Alexander work
  - Rebounder
- Metronome/timing activities
- Syntonic light therapy
- Yoga and meditation

# More on Integrated Treatments

- Iridology-Rayid
- Applied kinesiology
- Chinese medicine
- Biophotonic and Bioenergy medicine
  - Asyra
  - coMra
  - Healy
  - BEMER
- Essential oils
- Homeopathics
- Sound Therapy

# Requirements for Successful Collaboration

- Good working relationship between professionals
- Prior knowledge of the role of vision and other systems
- Continuing education in above areas
- Willingness to learn
- Sharing of ideas, reports, suggestions
- Genuine concern for the patient
- Awareness of when one does not know something

# Thank You!

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