

Neuro-Optometry Evaluation

What is a neuro-optometry evaluation?

A referral for a Neuro-Optometric Evaluation is to help determine how your visual system is connecting with your body and brain. Vision is a complex set of skills that involve much more than just clarity. In addition to clarity vision also effects depth perception, balance and cognitive function. The visual system is often compromised following a concussion. Influencing the visual system speeds overall recovery.

There are three different levels of evaluations:

- **A Sensory Motor Evaluation (Level I Evaluation)** examines how the eyes are working together (depth perception) how easily they focus from near to far (accommodation) and how well they are tracking (ocular motor skills).
- **A Neural Postural Evaluation (Level II Evaluation)** examines how the brain, eyes and body are connecting. This level evaluation looks at posture and balance and how the visual system is impacting them.
- **A Visual Processing Evaluation (level III Evaluation)** in addition to the skills described above this evaluation examines how the brain is interpreting the information the eyes send it in seven specific areas. These skills could be impacting learning and work.

What should I expect at the first appointment?

When you arrive at your appointment you will be asked to fill out a comprehensive history. Then the doctors' staff will conduct several preliminary tests to provide the doctor with some baseline findings. If you already wear glasses or contact lenses please bring them with you even if they do not feel correct to you anymore. Once you meet with the doctor she will evaluate how well you are using both eyes together, how clearly you are able to see, and most importantly how your visual system is impacting your balance and posture. You will be asked to walk since the doctor is evaluating how your visual system is impacting your posture and balance. Please wear flat, comfortable shoes to the evaluation.

How long is the appointment?

The evaluation typically takes 45-90 minutes. It is also recommended that you have someone drive you to your appointment.

How do I make an appointment?

A referral has been made for you and you should get a call to set up an appointment within 72 hours.

Some neuro-optometry locations include:

VQ Learning Sports Rehab

Tanya Polec, OD, FCOVD
4640 E Sunrise Dr #100
Tucson, AZ 85718
(520) 299-4100

Cimarron Family Vision Center

Amy J. Thomas, OD, FCOVD
6602 E Carondelet Dr
Tucson, AZ 85710
(520) 886-8800

Clear View Vision Center

Jeff Martin, OD
2233 E Speedway Blvd.
Tucson, AZ 85719
(520) 394-6111

El Dorado Eye Associates

Optical

Wayne Bixenman, MD
1500 N Wilmot Rd
Tucson, AZ 85712
(520) 886-4137