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CONCUSSION AND YOUR VISION

Vision disturbances after a concussion are very common. Vision is so easily affected that a simple visual test is being used in professional sports to determine if a player should be removed from the game. Visual symptoms may be temporary or may still be there after other problems have resolved.

Symptoms of a post-concussion vision problem may include:

- Blurry or unstable vision
- Double vision
- Sensitivity to Light
- Trouble reading or viewing your computer
- Dizziness driving or in the supermarket
- Lack of depth perception

Post-concussion vision disturbances affect all of our daily activities including work school, sports and social life. Most vision disturbances after concussion can be treated and you should seek treatment as soon as you or others notice a problem. Without treatment, visual problems may limit your success in recovering from a concussion.

The most common changes after concussion are difficulty teaming our eyes together for near work such as reading or computer use and loss of the ability to make print clear. Known as convergence insufficiency and accommodative dysfunction, they are easily diagnosed and treated by an optometrist who practices behavioural optometry.

Treatment may include eyeglasses for near work such as reading or computer use, vision rehabilitation therapy to rebuild your visual skill, or specially tinted lenses to reduce light sensitivity. Treatment is designed to relieve your symptoms and to help you return to your daily activities.

Remember there is hope and there is help for the hidden vision problems that frequently accompany brain injury.