

# ACADEMY VISION SCIENCE CLINIC

COMPREHENSIVE EYECARE AND EYEWEAR

COMMITTED TO CLINICAL EXCELLENCE

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## VT CHECKLIST

Please review the following and check if applicable.

- Avoids close work
- Blinks Eyes excessively and “Staring” behavior
- Closing/covering of (right) or (left) eye
- Complains of blur while reading or writing
- Complains of letters or lines running together or jumping around
- Complains about seeing double (distance ) (near )
- Comprehension poorer as reading continued or loses interest quickly
- Confusion of similar words
- Difficulty and slow in copying from the chalkboard
- Difficulty following verbal instructions
- Excessive squinting from bright light
- Excessive tearing of the eyes
- Eye wanders out
- Eyes frequently reddened
- Fails to recognize same word in next sentence or different book
- Frowns or scowls or squints
- Headaches in forehead or temple
- Holds reading closer than normal
- Improper or awkward posture while reading
- Makes errors in copying from reference book to notebook.
- Mistakes words with same or similar beginnings
- Moves head while reading
- Poor ability to remember what is read
- Reads too slowly
- Repeatedly omits small words
- Rereads lines/phrases or skips words or sentences
- Rests head on arm when reading
- Reverses words or letters
- Rubs eyes frequently
- Says words aloud or moves lips
- Short attention span/day dreaming
- Skips words or sentences and re-reads lines or phrases
- Slowness in all schoolwork
- Tilts head to one side
- Unusual awkwardness
- Unusual fatigue or restlessness after maintaining visual concentration
- Use finger or marker to guide eyes
- Writes crookedly or poorly spaced

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James T. Van Camp, O.D., FABD, Diplom

Jody Cappel, Vision Therapist

FAMILY VISION CARE / CONTACT LENSES / VISION THERAPY / SPORTS VISION / SPECIAL LENS DESIGN / LOW VISION