

# Alderwood



Vision Therapy Center, PLLC

TRANSFORMING LIVES THROUGH VISION



## Success Story

### RAINING VISION THERAPY

Hello, my name is Julie and I would like to share my story with you....

In the last few months something came up that will forever change my daughter's lives. I call it raining Vision Therapy. It seems I can't turn around without running into someone who knows about Vision Therapy or had a child going to Vision Therapy or a child who has graduated from Vision Therapy. These people pop up at the bus stop, in the PTA workroom at school, at the twins club I belong to, even the grocery store...it's raining vision therapy!



I have identical twin daughters Alex and Sophia who are seven years old. First grade started out with such excitement and for my girls. This was the first time we have split up Alex and Sophia in different classes and it was going great. They loved their teachers, loved working hard in class and even enjoyed homework! Alex and Sophia enjoyed learning to read books and loved where the story would take them. It was in late October we noticed changes in their reading. Alex and Sophia would become frustrated when they were reading to my husband and me at home. We tried changing things up to try and make reading more fun, but nothing was working. We just keep waiting for the girls to break through that glass ceiling and just take off as readers. Both Alex and Sophia were complaining of headaches on a regular basis. I knew their vision was fine because before first grade started I took them to see local Pediatric Ophthalmologist. Both Alex and Sophia had a fantastic appointment and we were told by the Pediatric Ophthalmologist that both girls have perfect sight and to enjoy first grade that they would soon start.



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During this challenging time I was in contact with both of my daughter's teachers on a regular basis regarding Alex and Sophia's reading. Both teachers gave me reading ideas and books to take home and work on with Alex and Sophia as well as encouragement for me. It was frustrating. I was spending a lot of time at the kitchen table trying my best to help them with reading and schoolwork and wondering what I am doing wrong. While reading books to my husband and I my daughters would, skip words, lose their place, complain of headaches, and become very frustrated. Every day after school I would try and come up with new ideas on how to get my daughters interested in reading. I tried everything, games, flash cards even an ice-cream reward system, nothing was working.

Our lives changed the day I received a call from Sophia's teacher. She shared with me the latest reading test results for Sophia. We talked about what I'm doing here at home to help Sophia and what is going on in the classroom. I did tell her about the headaches that Sophia had been complaining about. Sophia's teacher asked if I have ever got Sophia's eyes checked and I told her that I did back in September before school started. That is when she talked to me about Vision Therapy. She said that she thought it would be a good idea to have Sophia's eyes checked for tracking and teaming. We talked more about some of the things that she has noticed in the classroom and that I have noticed here at home. Sophia was having a challenge copying sentences off the board in order, head turning while reading, skipping words and losing her place while reading. As soon as I got off the phone with Sophia's teacher I called and make an appointment with Dr. Torgerson at Alderwood Vision Therapy Center for Sophia for to be evaluated.

The very next afternoon I received a call from Alex's teacher. Our conversation was very similar to the one I just had the night before with Sophia's teacher. Alex's teacher thought it would be a good idea to have Alex's eyes checked for tracking and teaming as well. When Alex would copy from the board she would miss whole sentences, skipped words while reading books and often lose her place while reading. Alex was also experiencing headaches while reading. As soon as I got off the phone with my daughter's teacher I called Alderwood Vision Therapy Center again and said that when I made an appointment yesterday for Sophia I don't think I mentioned that she has an identical twin sister who also needs an appointment to be evaluated.

During Alex and Sophia's appointment with Dr. Torgerson she wanted to know how we came about contacting her office for an evaluation. When I told her it was Alex and Sophia's first grade teachers who talked to me about eye teaming and tracking Dr. Torgerson praised them for their prompt skills and said that we were very fortunate to have teachers who are so dedicated. At the first evaluation appointment I was amazed in the findings. I was able to see firsthand the tests that Dr. Torgerson performed on my girls and the tracking and teaming issues that were found. Needless to say, I was amazed. The conversation I had with my daughters in the car after their first evaluation with Dr. Torgerson was heart breaking. My daughters told me that when they are reading a book the words sometimes move around on the paper and the letters are fuzzy and unclear. I had no idea what they were going through.



Alex and Sophia started Vision Therapy the next week. Alex's therapist is Jared and Sophia's therapist is Jenny. Each week my daughters come running into therapy so excited to start new "games" with Jared and Jenny. Alex and Sophia have been in vision therapy for about 11 weeks and I have noticed so many changes. The headaches that my daughters were experiencing were gone shortly after starting Vision Therapy. The daily home therapy "games" were fun for the girls to do. Within a few weeks I no longer had to ask Alex and Sophia to read with me. They started bringing the books to me. Both my daughters now enjoy reading out loud and even read stories to their younger brother Gavin. I now see the sparkle in their eyes when it comes to reading a book and wanting to read a book. I have had to start asking my daughters to put down the books at the dinner table to eat. Last week I caught Alex and Sophie reading books in bed with a flashlight. Reading is now a joy instead of a chore. When I have asked Alex and Sophia how has vision therapy helped them the answers I receive are "I'm just a better reader mom.", "I can see all the letters and words now and they are clear." "I have been practicing and when you practice you get better." "The words are no longer moving around on the page for me".

I have thanked my daughter's teachers so many times and will forever be grateful to them for discovering Alex and Sophia's vision challenges. I have recently written a letter to our Principal, School Superintendent, and Assistant School Superintendent in charge of Elementary Education letting them know what a phenomenal job two of their teachers have done, and how they have forever changed our lives.

Now I tell anyone who will listen to me if they think their child might have reading or vision challenges to go see a behavioral Optometrist to be evaluated. Vision Therapy has forever changed our daughter's lives and ours, thank you!

-Julie-

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