TRANSCENDENT Speaker Series

Understanding the relationship between concussion and vision

Concussions and Vision

A large percent of people who experience a concussion will have **vision symptoms** post-injury. Some of these symptoms may require an update to a person's glasses prescription or vision therapy, so it is important to undergo a vision assessment post-concussion.

Common vision problems post-concussion

- Accommodation disorders or changes glasses prescription
- Light sensitivity or screen intolerance
- Vestibular deficits (for example, motion sensitivity)

can contribute to

Concussion symptoms

- Dizziness
- Headache
- Focusing issues
- Balance problems

The presence of vision symptoms after a concussion may predict a prolonged concussion recovery, which can impact a person's quality of life. With that in mind, it is important to address vision symptoms post-injury!

Vision and Balance

Vision symptoms may contribute to vestibular problems post-concussion. For example, after a concussion a person may have difficulties with dynamic visual acuity (the ability to see clearly when moving). If not addressed, this means a person may be sacrificing their vision to remain balanced or sacrificing their balance to maintain their vision.

Optometrists and Concussion

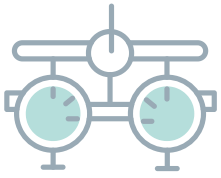
Optometrists are not often involved in acute concussion care, but should be part of the interdisciplinary team in cases of persisting symptoms. Optometrists can provide vision assessments and vision therapy, which is like physiotherapy for the eyes.

What about concussions in people with visual impairments?

It is very important to do optometric assessments after a concussion for people with visual impairments as they may need unique accommodations during their recovery

Key Takeaways

- ✓ **Comprehensive visual assessments are important post-concussion** and should include a complete vision exam and assess for common visual deficits.
- ✓ There are several ways that **optometrists can support concussion care**, such as adjusting glasses prescriptions or providing tints, filters, or vision therapy.



This information is based on a talk done by TRANSCENDENT team member, Dr. Kristine Dalton. For more information watch the recording on our website!