

BEHAVIOURAL OPTOMETRY (A MORE HOLISTIC APPROACH TO VISION)

Behavioural Optometry can help with symptoms of **visual stress** and **binocular instability**, reading, writing and copying difficulties, diagnosed learning difficulties, general classroom and workplace difficulties, visual stress from the computer (Computer Vision Syndrome), sports vision difficulties (Sports Vision Therapy), visual stress symptoms such as headache and double vision, poor coordination and clumsiness.

Behavioural Optometry is a specialisation within Optometry that focuses attention on the QUALITY of visual skills rather than just the ability to "see". It investigates how the brain, eyes and body work together as a team to make sense of light entering the eyes. Although we are born able to 'see', the process of UNDERSTANDING what we see is a learnt skill. Vision develops throughout life to become the dominant information gathering and processing system of the body and Behavioural Optometry explores how efficiently we have developed the necessary visual skills, and whether they are resilient enough to cope with intense near work demands of both classroom and office.

Behavioural Optometry explores the role of vision in an individual's general development and daily activities. Having established that sight is good, the testing goes further and investigates the adequacy of functional visual skills for the modern learning, sport and work place environments. It explores more mechanical aspects of visual attention, such as "homing in" with the focusing mechanisms, aligning the eyes accurately in space and working the two eyes together as a team. Then, it looks at how effectively the visual system operates in more performance situations, where a task requires a significant visual input if it is to be efficiently executed. Most daily work and leisure activities require reliable co-operation between the visual system and body movement systems, with effective feedback so that the eyes may guide body action through space. This must be accomplished with the maximum efficiency and accuracy, but minimum effort, so that energy is not "poached" from primary task requirements, such as absorbing and processing of information.

For more information visit

[**www.babo.co.uk**](http://www.babo.co.uk)

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