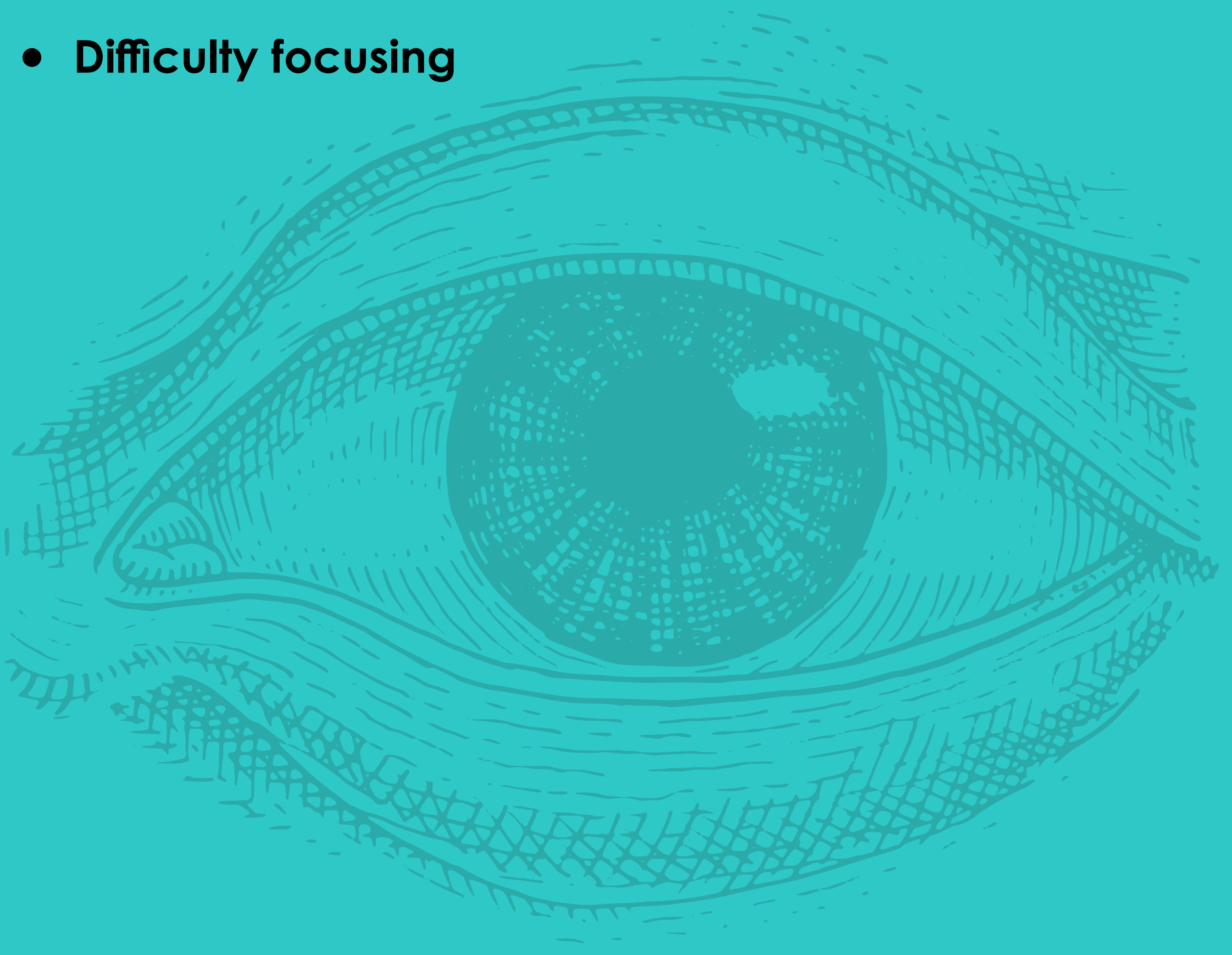


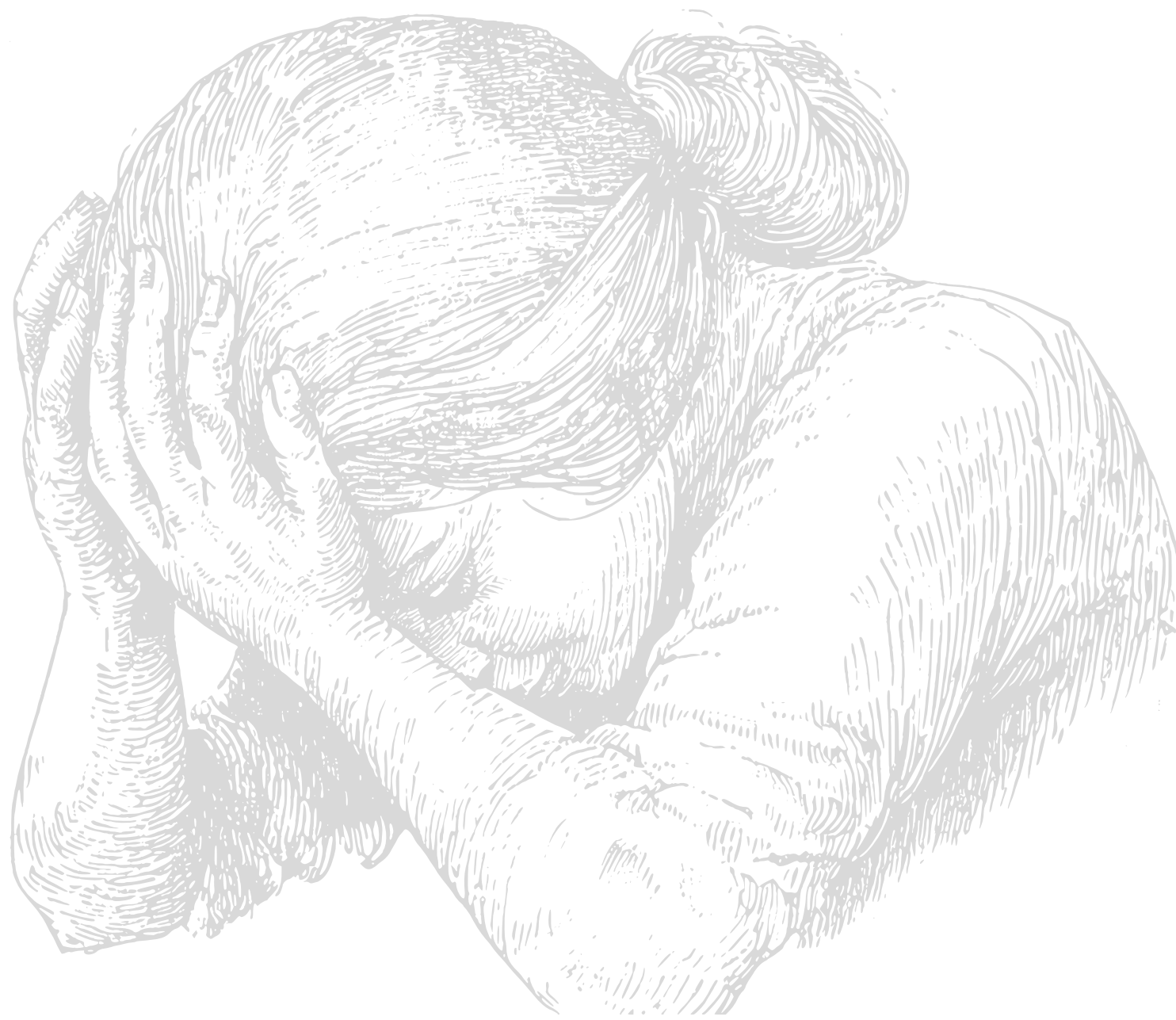
# CNCUSSIONS

and how an optometrist could help.

# **VISION SYMPTOMS** **(after concussion)**

- **Double vision**
- **Poor eye tracking ability**
- **Difficulty shifting gaze**
- **Eye strain or pain**
- **Difficulty focusing**

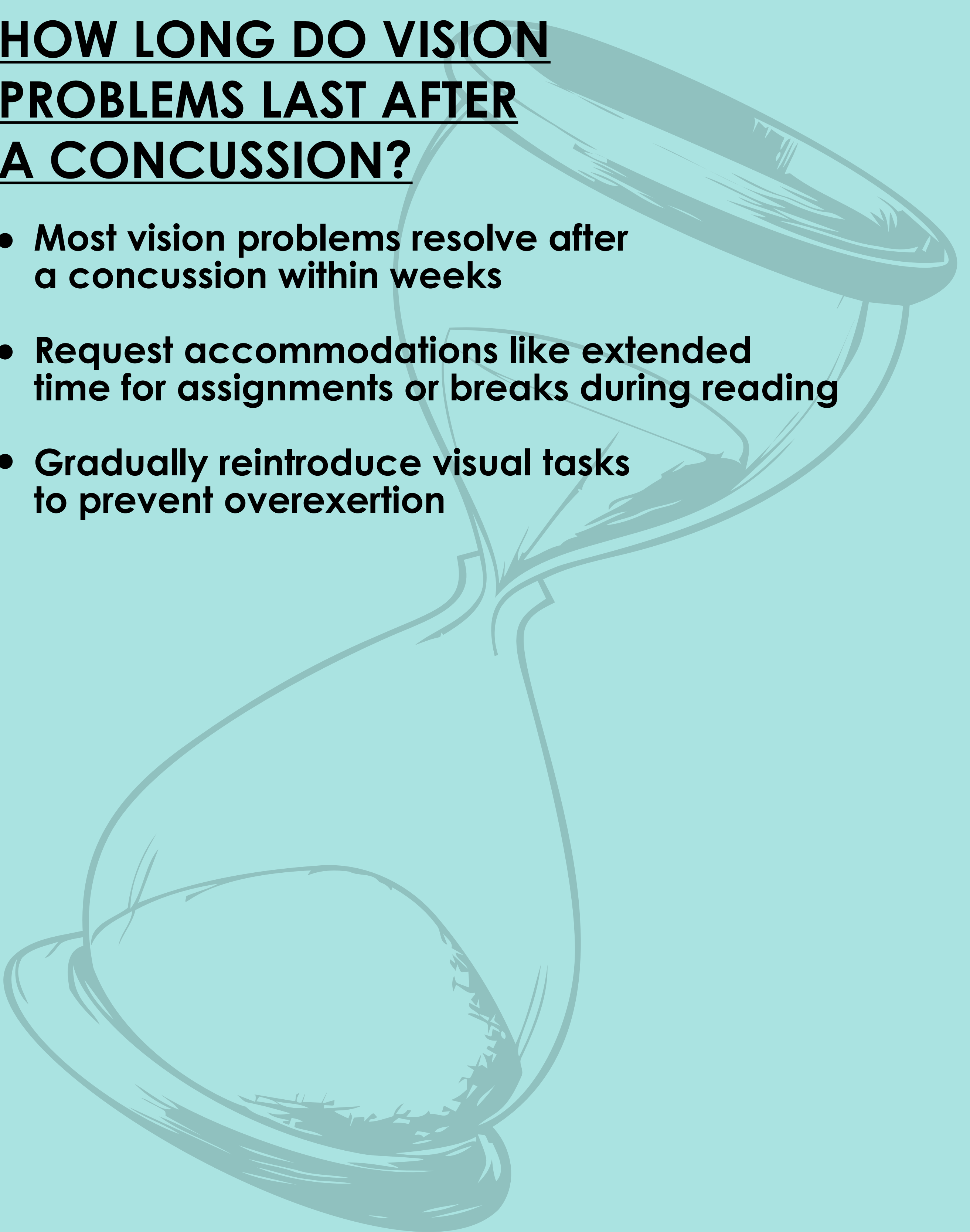




**69% of children and adolescents  
with a concussion had at least one  
associated vision disorder**

# **HOW LONG DO VISION PROBLEMS LAST AFTER A CONCUSSION?**

- **Most vision problems resolve after a concussion within weeks**
- **Request accommodations like extended time for assignments or breaks during reading**
- **Gradually reintroduce visual tasks to prevent overexertion**





## **HOW AN OPTOMETRIST CAN HELP!**

- **Help detect & manage concussions**
- **Diagnose & treat vision issues related to concussions**
- **Determine when it's safe to return to sports, school, play, etc**

