



Vision & Sports

Would you like your batting average to be better? Do you ever lose sight of the puck? Would you like to take a few strokes off your golf game? Does your child seem to be just a few steps away from the soccer ball?

Vision training for sports players in an excellent way to sharpen skills and increase awareness.

Areas of improvement can include:

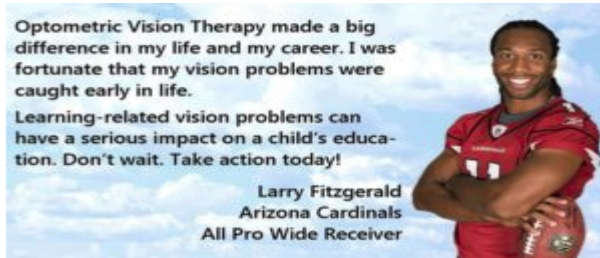
- Better precision when visually tracking a ball or a puck
- Reaction time
- Peripheral awareness
- Depth perception
- Judging distance & speed
- Visualization / memory
- Eye-hand coordination
- Decrease distractibility
- Consistency in performance

All sports require different visual demands. Our office will thoroughly evaluate your unique visual system and recommend the proper glasses or vision training program.

Training programs will be personally designed to meet your visual needs to ensure success on the ice or on the field. Vision training will develop your visual abilities to help fine tune your game.

Vision training could be the answer to your winning goal!

NFL Arizona Cardinals' Larry Fitzgerald Uses Vision Therapy



“Parents don’t realize that you need over 17 visual skills to succeed in reading, learning, sports, and in life. Seeing ’20/20’ is just one of those visual skills,” says Fitzgerald.

References

Andrew Goodman, C. (2018, December). *Arizona Cardinals' Larry Fitzgerald Can Catch A Football With His Eyes Closed, Here's How You Can Too*. Retrieved from Forbes:
<https://www.forbes.com/sites/agoodman/2014/06/17/arizona-cardinals-larry-fitzgerald-can-catch-a-football-with-his-eyes-closed-heres-how-you-can-too/#338b40715602>

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