

Vision Therapy

At Eyecare Eyewear, we believe clear sight is just one part of healthy vision. Vision Therapy is a highly effective, non-surgical program designed to improve and enhance your visual skills and abilities.

It's a customised program of exercises and activities that train your visual system to work more efficiently, accurately, and comfortably. While glasses correct vision, vision therapy teaches your eyes and brain to work together better.

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Who Benefits?

Children and adults struggling with eye strain, headaches, reading difficulties, poor concentration, or blurred/double vision often find significant relief. This includes challenges like learning-related vision problems, eye teaming issues, and focusing difficulties.

Evidence-Based Solutions

Convergence Insufficiency (CI): If your eyes struggle to turn inward for near tasks, causing strain or double vision, vision therapy helps. High-quality research confirms that office-based vision therapy, combined with home exercises, is more effective than home-only approaches for CI. Benefits, like improved eye teaming, are often durable for at least one year.

Accommodative Dysfunction: This affects your eyes' ability to focus clearly at different distances. Vision therapy is highly effective here too. Studies show significant improvements in focusing speed and range for school-aged children, leading to less eye fatigue and better learning.

Your Journey to Clearer Vision

Our tailored programs use engaging activities to retrain your visual system. If you or your child are experiencing these symptoms, let us help.



Meet our Optometrists

Tom Roger

B App Sci (Optometry)
Grad Cert Ocular Therapeutics
FACBO MBA
CASA CO (Aviation Eye Examiner)

Tobin Eapen

Bachelor in Clinical Optometry
Master of Optometry