

The Basics of Sports Vision Training for Chiropractors

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Hour 1

- Review the Main Components of Sports Vision
- Discuss Common Conditions Amenable to Training
- Assess and Improve Stereoacuity
- Assess and Improve Binocular Fusion

Hour 2

- Assess and Improve Eye Discipline
- Assess and Improve Vergence Movements
- Assess and Improve Visual-Cognitive Processing
- Implement Sports Vision Training in a Chiropractic Practice

Course References:

Kirscher DW. Sports vision training procedures. *Optom Clin.* 1993;3(1):171-82. PMID: 8324323.

Zwierko T, Puchalska-Niedbał L, Krzepota J, Markiewicz M, Woźniak J, Lubiński W. The Effects of Sports Vision Training on Binocular Vision Function in Female University Athletes. *J Hum Kinet.* 2015 Dec 30;49:287-96. doi: 10.1515/hukin-2015-0131. PMID: 26925183; PMCID: PMC4723179.

Poltavski D, Biberdorf D, Praus Poltavski C. Which Comes First in Sports Vision Training: The Software or the Hardware Update? Utility of Electrophysiological Measures in Monitoring Specialized Visual Training in Youth Athletes. *Front Hum Neurosci.* 2021;15:732303. Published 2021 Oct 6. doi:10.3389/fnhum.2021.732303

Erickson, Graham B. OD, FAAO1. Review: Visual Performance Assessments for Sport, Optometry and Vision Science: July 2021 - Volume 98 - Issue 7 - p 672-680 doi: 10.1097/OPX.0000000000001731