

OTTAWA VALLEY VISION

Signs and Symptoms Associated with a Vision Problem

The following is a list of symptoms that are commonly associated with a Binocular Vision, Visual Efficiency or Visual Perceptual deficit.

This symptom list is inclusive of problems with hand-eye coordination, uncorrected refractive error (such as near-sightedness or far-sightedness), reduced focussing muscle skills, poor eye movement or eye tracking abilities, visual perceptual difficulties, problems with eye teaming or eye alignment and visual problems following a traumatic brain injury.

- Blurry vision when looking at any distance
- Double vision (seeing two of things)
- Words appear to overlap or run together on the page when reading
- Headaches triggered during or after sustained visual tasks
- Red or watering eyes during or after a sustained visual task
- Difficulty copying from the board at school
- Yawning, fatigue or falling asleep while reading
- Homework takes a long time to complete
- Mistakes words with similar beginnings
- Orients drawings poorly on a page
- Repeats letters within words when writing or copying
- Excessive blinking during sustained visual tasks such as reading and writing
- Frequent left-right letter reversals
- Often confuses left and right in real space or on self
- Difficulty learning new words, fails to recognize the same word in the next sentence
- Mistakes words with the same or similar beginnings
- Clarity of vision fluctuates throughout the day
- Skips or repeats lines when reading
- Misaligns digits in number columns
- Tilts or turns head to one side when reading and writing
- Avoidance of near visual tasks such as computer, reading and writing
- Fidgeting or other excessive movement during reading and writing
- Consistently shows significant postural problems at all desk activities
- Blur or visual discomfort with night driving
- Dizziness or nausea when doing near work such as computer, reading and writing
- Closes or covers one eye when reading or writing
- Visual work is worse at the end of the day
- Writing appears slanted as if writing up-hill or down-hill
- Poor hand-writing due to unusual word or letter spacing or size, poor legibility
- Lack of confidence walking or running, missing steps or stumbling
- Omits (leaves out) small words when reading

- Clumsiness, accident prone
- Poor depth perception
- Poor or inconsistent performance in sports
- First response to a visual task is “I can’t”, says “I can’t” before trying
- Short attention span for reading and writing
- Easily distracted when reading and writing
- Frequent eye rubbing, especially after prolonged visual tasks
- Avoids social interaction
- Avoids sports or games with quickly moving objects
- Poor depth perception, does not judge distances accurately
- Car sickness or motion sickness
- Reading comprehension is generally low or declines quickly
- Holds books very close, leans close to screens
- Prefers being read to than to read himself/herself
- Frequently loses belongings, forgetful
- Poor spelling
- Confuses likeness or minor differences
- Whispers or speaks to self for reinforcement during silent reading periods
- Discomfort in crowded visual environments
- Objects straight ahead do not always appear straight ahead
- Leans to one side when standing or walking
- Explores more with hands (kinesthetic learner) than with their eyes
- Sensitive to patterns, screens or fluorescent lighting
- Side vision appears distorted, objects change or move place
- Difficulty integrating multiple sensory stimuli such as background noise
- Difficulty multi-tasking
- Soreness or pulling sensation around or behind the eyes
- Frequently falling to one side or bumping into things on one side of the body
- Unable to attend to information on one side of body

Find out more at www.ottawavalleyvision.ca