

## McDonald Eye Care Associates

### Vision Therapy Success Stories:

**Story 1:** *Hannah is well on her way to accomplish big things! After six months of dedication and hard work, Hannah's reading is fluent and the words aren't "floating" on the page anymore. It's a pleasure to see her more confident and less stressed about reading and homework in general. Thanks to Dean for his words of encouragement and his ability to make the training fun. Hats off to Hannah and a BIG Thank You to Dean!*

**Story 2:** *Before the vision therapy program, I struggled with reading, especially with concentration and understanding what I read. I would have to re-read something several times to get it. Within weeks after starting the program, not only did reading start to get easier, but my sports performance improved as well. Since completing the program, most of my grades have improved, my hockey stats are among the best in the state and best of all, I feel more self-confident than I ever have before. Not only did Bjorn make the weekly sessions fun, but I would come home each week with a confidence that things were "beginning to click". I highly recommend this program for anyone who has trouble with reading, concentration and focusing, and it will definitely help in almost any sport.*

**Story 3:** *I want to thank you for helping me with my eyes. My eyes weren't working the way they should have been when I first came to see you. I had a problem with my eyes working together. My left eye was turning off. After I went through the program, my eyes are now working together. Now I can read longer and my eyes don't get as tired as quickly as before. I think I am doing better at school and sports. Thank you for making it fun for me. I enjoyed working with you.*

**Story 4:** *Colton enjoyed coming to vision therapy each week. Dean the the entire staff made him feel so welcome and his overall self-esteem improved. He worked very hard and we were dedicated as a family to aid in his success. Dean was fantastic! He has a way of encouraging a child without making it seem like work. It was a wonderful program. We have seen him relax more and in turn it seems to have made his school work a bit easier. We have enjoyed working with Dean and the McDonald Eye Care staff and are very appreciative to all they did to encourage Colton!*

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**Story 5:** *I went to vision therapy because my eyes weren't working together. I knew my eyes weren't together because sometimes I would read a book and the lines would move around and the letters would be smaller. So that's why I came here. Every Thursday my mom would pick me up from school and at 12 she would drive me to McDonald Eye Care Associates and I would learn things to make my eyes stronger with the help of my teacher Dean. (He's great!) I think there is great improvement and I hope my eyes will stay that way!*

**Story 6:** *I knew early on in my daughter's life that she had an eye turned out. I was told by our family doctor that it would probably correct itself as she got older. Unfortunately it never did. However, other than the fact that it was noticeable cosmetically, it did not seem to affect her vision, or so I thought. She has always been an excellent student and a super reader. She had never complained of headaches or any other vision problems. At eye exams I was always told that she had 20/20 vision but always the doctor would mention the eye turn. At her last eye exam this past year, the doctor suggested we see Dr. McDonald. Through Dr. McDonald we discovered that she was seeing out of one eye at a time but that she could switch back and forth between her eyes. I was shocked! Never did I think that she was not seeing out of both eyes at the same time. It was suggested by Dr. McDonald that she start vision therapy. I had never heard of it before but I thought if it would help my daughter then that's what we should do. She was diagnosed as a VT3 and were told that for her diagnosis that her therapy would probably take 40 weeks, what that meant for us was driving to Lakeville, which was a 2 hour drive, once a week and doing eye exercises daily at home. We committed to the program and all that it entailed, and now are very proud to say she finished her program in 26 weeks! She is not completely 100% "normal" meaning occasionally her eye still turns out, but it is much improved from what it was. She has learned with Dean's help to use her eyes together in a more efficient manner. She is more aware of what her eyes are doing and what she needs to do to make them work together. One of Dean's favorite things to ask her was, "Who's in control?" With Dean's help she has learned to be in control of her vision. I am very proud of my daughter and what she has been able to accomplish and we are very thankful and grateful to both Dr. McDonald and Dean for helping her to achieve more efficient vision through vision therapy.*