

# Physical Therapy for Your Eyes

Wouldn't it be nice to be able to wake up and see the alarm clock without fiddling around on your bedside table for you glasses? Or, how about reading the menu in a dimly lit restaurant? Durrie Vision has helped thousands of patients achieve freedom from glasses and contacts over the years with LASIK and other refractive surgery procedures for vision correction. But the newest thing in vision correction, according to Dr. Daniel Durrie, MD isn't surgical at all. "It's training your brain to help you see better," says Durrie.

RevitalVision by NeuroVision, a computer based training program that improves communication between the eyes and the visual cortex, is the product of two decades of clinical trials held around the world. Durrie Vision was part of the clinical trials conducted with patients with low nearsightedness, presbyopia, and post-LASIK. "I went into this very skeptical, but I did see a positive effect for the patients in the clinical studies. I was impressed that we could improve vision without doing surgery or without changing the optical structure of the eye, but just by improving the brains' ability to see," says Durrie.

Available only through an eye doctor, RevitalVision is prescribed for patients experiencing changes in near vision or presbyopia, or, as a sort of "physical therapy for your eyes" in a post-LASIK or post-Cataract surgery patient. Not un-

like physical therapy after a knee surgery, RevitalVision can help the brain adjust to changes in the eye due to surgery. Kimberly Stern, a freelance writer and Durrie Vision patient, was part of the NeuroLASIK clinical trial, where RevitalVision, was performed post-LASIK. "It was not at all difficult," says Stern, "I am not a video game player, so I was expecting it to be difficult. I was very skeptical at first, but I had a couple of conversations with Dr. Durrie and he was confident the program would help me. And I did notice a difference." Durrie is also encouraging some professional athletes to use the program to sharpen up their already good vision.

Clinical trials have shown RevitalVision can improve a patient's vision up to two lines on the eye chart. It consists of 20 sessions that take about 20 minutes each. Through repetitive practice, the brain is trained to be more efficient and to improve visual processing. Each patient is assigned a vision coach and the program is customized to each person's pace and visual ability. To learn more, go to DurrieVision.com or RevitalVision.com.



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