



NEUROVision
CLINIC
CONCUSSION REHAB
PERFORMANCE ENHANCEMENT



Hockey Vision Training

Superior Vision for Superior Performance

HOCKEY VISION TRAINING

WHY?

We believe that everyone has the ability to uncover higher potential. If you believe in elevating performance to increase opportunity, our dynamic sports training programs can help you elevate your game and uncover your higher potential.

55% of athletes are deficient in at least one visual skill

Hockey players require elite neuro-visual skills that are more than just seeing 20/20. Top athletes can interpret, process, and organize visual information quickly and accurately. This training can help you get there!

HOW?

By exercising four key neuro-visual skills: tracking, near-far focus, peripheral focus, and eye teaming, you can improve on hand-eye coordination, visual reaction time, processing speed, and balance. Superior vision for superior performance.

WHAT IS IT?

Our proven hockey vision training program is a 12 to 24-week exercise program that targets visual skills including: tracking, near-far focus, peripheral focus and eye teaming. Each week has a unique set of exercises to learn and practice as you build higher levels of visual skill to incorporate into your game. Exercises are centered around hockey activities and hockey specific visual demands. Training sessions can be done one-on-one in the office once a week with a NeuroVision trainer, or by enrolling in our self-study online sports vision training course.

WHO IS FOR?

All hockey players, including defensemen, forwards and goalies who want to enhance their on-ice performance.

WHERE IS IT DONE?

This training is available virtually or in the office.



NOW OFFERING REFLEXION!

Reflexion is an interactive device designed to improve performance such as peripheral vision, decision making, reaction time and hand-eye coordination.

Why are these skills important in hockey?

- **Tracking** - Improving your tracking abilities will improve your accuracy of following the puck, therefore helping you make the perfect one-timer, or the unbelievable glove save.
- **Near-Far Focus** - Having the ability to change from looking up close to far away will help you see an opening to score the winning goal or pass the puck to a teammate who is streaking up the far wing. Accurately judging time and distances while on the ice, creates winning plays.
- **Peripheral Focus** - Improving your peripheral abilities will allow you to see more open ice, take a pass or avoid being checked.
- **Eye Teaming** - Improving your two eyes ability to work together as a team means sharper depth perception in all areas of space. This is what allows you to tell how far away you are from the puck when you reach for it accurately, and how close you are to the net when you wind up to shoot.



- **Hand-Eye Coordination** - Improving hand-eye coordination will help you make contact for a one-timer or deflecting the puck out of the air.
- **Visual Reaction Time** - Quick reaction times are important due to the speed of the game. Taking in what you see visually, and reacting to make decisions quickly is essential.
- **Processing Speed** - Quickly analyzing plays and determining next steps is required to perform at the elite level.
- **Balance** - If you get bumped, spun or forced to change direction quickly, having more stable vision produces more stable balance.

Hockey Vision Training has additional benefits that include improved academics and mental/emotional elements.

Why are these skills important in academics?

- **Peripheral Awareness** - Opening up your periphery will help when reading by being able to see ahead and smoothly connect one sentence to the next. This is also true when writing.
- **Near-Far Focus** - Having the ability to change from looking up close to far away will help you smoothly jump back and forth from reading a white board at school and then writing down the notes.
- **Tracking** - Improving your tracking abilities will help to read smoothly and comfortably or assist when performing mathematical equations.



Additional Mental and Emotional Benefits

- How well can you handle high stress situations? With 10 seconds left in the game, can you win the faceoff, get it to your winger and skate fast enough towards the net to be ready to make a play?
- Imagine you are a goalie. Could you follow the puck, keep track of where the opposing players are as well as you own defensemen, all while knowing where you are in space in relation to the net?

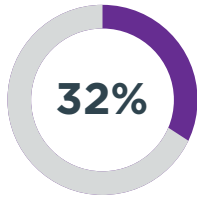
Superior vision enhances confidence and self esteem to know you have the ability to make the high pressure plays easily and effortlessly.



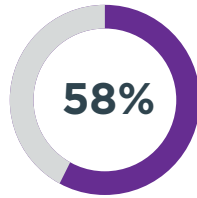
Benchmarks For Success

NeuroVision Clinic Averages

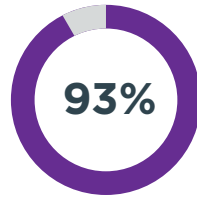
Peripheral Focus Capacity



BEFORE

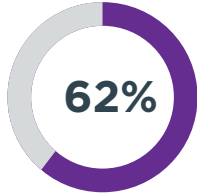


AFTER 3
MONTHS

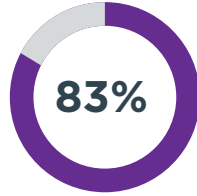


AFTER 6-12
MONTHS

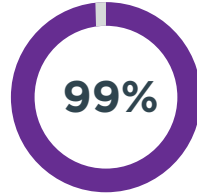
Near-Far Focus Capacity



BEFORE

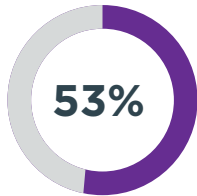


AFTER 3
MONTHS

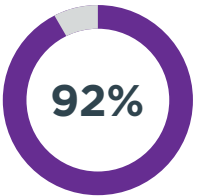


AFTER 6-12
MONTHS

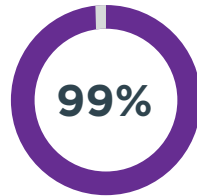
Tracking Capacity



BEFORE



AFTER 3
MONTHS



AFTER 6-12
MONTHS



Superior Vision for Concussion

While there is no way to prevent a concussion, there are ways to lessen the likelihood of being in situations that could result in one.

This could be done by increasing performance in skills such as reaction time, spatial/visual/peripheral awareness and more.

Having enhanced robust visual skills can also help reduce the effects of damage that can occur to the visual system after a concussion. In the event of a concussion, should there be persistent symptoms related to using the eyes and vision, we can provide neuro-visual rehabilitation.



Baseline Testing for Sports Concussions

Why Is It Important? – Baseline measurements show your normal level of visual function. If you sustain a concussion, these values are typically reduced. To assist with safe Return to Play, your baseline measurements serve as a guide to know when you have safely recovered and ready to get back to the ice. Training can help you after a concussion to bring these levels back to **your** normal and beyond.

Baseline testing will identify any pre-injury skills that are not optimal. Training gives you the opportunity to bring these skills up to a higher level for improved performance.

What Is Baseline Testing? – Baseline Testing is a set of measurements extracted from specific NeuroVisual tests. These tell us how your brain functions in a healthy state.

Measurements Include - Eye teaming, eye tracking, near-far focus, central-peripheral integration, visual acuity and accommodation.

Who Should Do It? - Everyone, especially athletes.

When Should It Be Done? - Testing should be done prior to your sport season and routinely reassessed at a minimum, annually. If you suspect a concussion, reassessments can be done at anytime.

Scan the QR code below to book your Baseline Concussion Test today!

Concussion Symptoms

If you are experiencing any of the following symptoms, come in to be assessed.

- Difficulty concentrating and thinking clearly, aka Brain Fog
- Difficult reading, especially for long periods of time
- Light sensitivity
- Sound sensitivity
- Intolerance to digital screens
- Visual fatigue
- Random “aches or pains” in the face or head
- Short and/or long-term memory issues
- Eyes feel tired or sluggish
- Restrictive or painful feeling when moving the eyes up and down or side to side
- Not seeing clearly; blurred or double vision
- Following moving objects or moving your head too quickly results in blurriness, nauseous or increased anxiety
- Headaches
- Dizziness
- Problems with gait, balance, or walking
- Difficult following a conversation



IMPRESSIONS FROM PAST PARTICIPANTS...

"Overall, I would say this program has definitely done a great job in how he perceives things on the ice and at school. You could tell he had a better picture of the full ice and where his teammates were. Noticed his confidence also increased with stick handling His golf game also improved! At school he seems more focused and engaged. His teacher has even commented on an improvement."

- Spencer's Dad



"Ella enjoyed the challenge each activity brought."

"We noticed more confidence in her on the ice and she mentioned it was easier to follow the puck around the net. Even the coach mentioned her glove saves were more accurate."

- Ella's Mom

Think of all the different skills a player needs to reach the NHL.

Imagine a player that has an excellent shot, but a slower visual processing rate. They never get in a position to receive the puck in time and therefore, are unable to make the shot.

Now imagine a player that has poor peripheral awareness and often looks down at the puck when stickhandling. Due to their lack of awareness on the ice, they don't see an open teammate to pass to or an opponent coming towards them which results in them getting hit.

It takes a complete set of skills to be elite. This type of training can help optimize all skills required so that you can maximize your talent and become the elite player you are striving to become.



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