



NEUROVision
CLINIC
CONCUSSION REHAB
PERFORMANCE ENHANCEMENT



**Neuro
Solutions**
INTERNATIONAL



**What is
NeuroDevelopmental Movement®?**



Why

"I was drawn to NeuroDevelopmental Movement® (NDM) when my daughter started having extreme behavioural reactions related to her overactive startle response. The severity of her fight-flight reaction was incomprehensible to me. She would go into an uncontrollable state of panic to certain sounds like hand driers. It was like she was fighting and fleeing for her life every time she heard it. Instead of lessening, her reaction only became more and more exaggerated. There was nothing I could do to console her, calm her or rationalize with her. As she grew, I started to notice additional concerning behaviours like lack of attention and focus, trouble reading, and problems with memory, coordination, and impulse control. She was also diagnosed with amblyopia (lazy eye). I found ways for her to cope and compensate, and avoid triggering these behaviours as much as possible, but I was determined to help her with a permanent solution. NDM has helped her become well adjusted and solve her anxiety.

As a Doctor of Optometry in Vision Development., I have seen many people of all ages gain huge benefit in their overall growth, behaviour, and sensory-motor skill since combining NDM with Vision Therapy rehabilitation in my practice. I know that greater opportunity is attainable. I believe in life beyond labels, limitations, and loss, and that is why I do this.

- Dr. Coralee Mueller, Optometrist in Vision Development

NEURODEVELOPMENTAL MOVEMENT®

- a non-invasive, drug free program for helping those who have any form or degree of developmental delay or damage to the central nervous system.
- a neurodevelopmental program that uses movement, sensory, and reflex integration.
- a movement based program that you perform at home under the supervision and guidance of your NDM consultant.



People we work with can have diagnoses such as:

- Reactive Attachment Disorder
- Attention Deficit/Hyperactivity Disorder
- Obsessive Compulsive Disorder
- Oppositional Defiant Disorder
- Developmental Delay
- Global Developmental Delay
- Autism Spectrum Disorder
- Cerebral Palsy
- Learning Disability
- Bipolar Disorder
- Schizophrenia
- Memory loss
- Fetal Alcohol Spectrum Disorder
- Sensory Processing Disorder
- Speech Delay
- Poor Fine/Gross Motor
- Depression
- Anxiety
- Stroke
- Traumatic Brain Injury
- Post Traumatic Stress Disorder
- Amblyopia/Lazy eye
- Strabismus/Turned eye
- Convergence Insufficiency
- Oculomotor Dysfunction



OUR PROCESS

Initial Program Development: Your NDM practitioner prescribes a NeuroDevelopmental Movement treatment plan, based on the results of your initial evaluation. We provide you with a report of our findings and design a personalized Neurodevelopmental Movement program to address your concerns.

Program Instruction Appointment: You will have a program instruction appointment with your therapist. At their time, the therapist will teach you how to do the initial exercises that the Optometrist has been prescribed in your treatment plan. You will also be instructed on how to prepare for progress evaluations. These exercises are to be done at home for three months, at which point we re-assess to determine progress.

Re-evaluation: At recurring three month intervals, the doctor re-evaluates your baseline measurements and assesses your progress in the following way:

- You will be required to submit baseline update videos two weeks ahead of your re-evaluation appointment for the NDM consultant to review. The therapist will have instructed you on how to create these videos during your program instruction appointment.
- Your NDM consultant will evaluate your progress and provide your therapist with your updated program to promote your continued development.
- You will have an appointment with your therapist to provide you with an update and teach you the new exercises to your program. Your NDM consultant will provide you with a report with your progress check results.
- This will be a recurring process every three months throughout the year.

How It Works

Neuroplasticity: Due to neuroplasticity your brain can recover at any age by growing new brain cells and new connections between cells. This requires frequency, intensity, and sufficient duration of exercise to take effect.

We replicate the natural developmental sequence, which is what every unimpeded, unimpaired infant goes through to optimize their neurology. It is composed of mobility, sensory, vestibular, and reflex stimulation.

Mobility exercises include tummy crawling, creeping on hands and knees, and other related activities.

We address sensory needs through visual, auditory, and tactile stimulation.

For vestibular stimulation, we use an array of activities to move quickly and briefly through space, like jumping, spinning, and rolling.

For reflex integration, we include whole body reflexive movement patterns.

Every brain develops from the bottom up with the lower levels providing a foundation for the higher levels. It is important that each level is fully optimized, leaving no gaps in the foundation, as a gap will affect the function of the upper levels of the brain. All sensory and motor systems develop together.

What it does: NDM provides the foundation in the lower levels of the brain which supports the higher levels and enhances Vision Therapy work when performed in conjunction with VT. In the vision system, the lower levels of the brain are responsible for making things automatic such as: horizontal eye tracking (moving your eyes smoothly from side to side), vertical eye tracking (moving your eyes smoothly from up and down), eye teaming and convergence (pointing both eyes at the same target at the same time, particularly when looking at close range).





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