

SPORTS VISION PROTOCOL



Introduction

Vision is not only limited to 6/6 eyesight. An athlete may focus well on objects, but 6/6 Vision does not tell us information such as the speed and accuracy of focus, peripheral vision, depth of focus, binocular vision or eye body coordination ability.

As a result, a designated sports vision program is necessary to provide a comprehensive examination and enhancement that is personalized to our athlete's visual requirements.

Examination procedure

Visual acuity (VA)

Visual acuity targets can be stationary (static) or moving (dynamic). For the static measurement, it is taken at both distance (6 m) and near (40 cm) and/or a particular working distance required in their sports. A letter chart with a logarithmic size progression is preferred (e.g. the Bailey Lovie, ETDRS or Sloan type charts) but a Snellen letter chart is also suitable.

Depth Perception

An athlete with good depth perception can determine the distance and speed of objects quickly and accurately. Stereopsis testing such as the Randot Stereo vision test is one of the clinical factors that determine this.

Ocular motility, binocular coordination, and accommodation

Appropriate tests for assessing ocular motility, binocular function at distance and near, and accommodation should be included into an eye examination according to the patient's age, visual signs and symptoms, and their preliminary test results. These functional aspects can tell us more about visual functions such as eye tracking and eye focusing of the athlete.