



Who do I see if I think I am having vision problems?

Vision problems can be diagnosed using simple vision tests at your health care provider's office.

Tell your health care provider if you have any vision problems. That person can refer you to a vision specialist if needed.

Treatment and Care

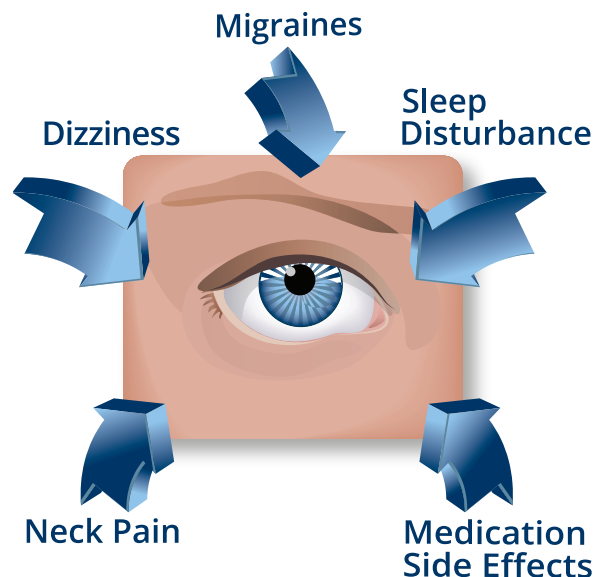
Your doctor or therapist may recommend different treatments or rehabilitation approaches which may include:

- Glasses with prisms or special lenses
- Corrective vision exercises
- Occupational therapy strategies for living with vision problems

Additional Resources

- **Defense Centers of Excellence:**
www.DCoE.health.mil
- **Vision Center of Excellence:**
www.VCE.health.mil
- **BrainLineMilitary.org:**
www.BrainLineMilitary.org

Other possible factors causing vision problems



Defense and Veterans
Brain Injury Center

www.DVBIC.org
info@DVBIC.org



Vision Center of Excellence

www.VCE.health.mil
info@visioncenterofexcellence.org



U.S. Army photo by
Pfc. Michael Schuch

Vision Problems After Concussion

A Patient Education Brochure

PATIENTS

Vision Problems After Concussion

One common symptom following concussion is a change in vision. Vision problems affect up to 75%¹ of individuals after a concussion and may be temporary or prolonged.

Common symptoms of vision problems after concussion include:

- Partial vision loss
- Double vision
- Blurry vision
- Difficulty focusing
- Eyestrain
- Eye fatigue
- Sensitivity to light

What causes changes in vision after a concussion?

Changes in vision can happen if there is an injury to the eyes or the muscles that control eye movement and focusing. Vision problems also can occur if there is an injury to the parts of the brain that communicate with our eyes.

There are many different regions in the brain that are responsible for controlling vision. Injury to any of these brain regions can cause a vision problem.

¹Stelmack, J. A., Frith, T., Van Koeveering, D., Rinne, S., & Stelmack, T. R. (2009). Visual function in patients followed at a Veterans Affairs Polytrauma Network site: An electronic medical record review. *Optometry*, 80(8), 419-424.

When to Seek Help

Vision problems can have a negative effect on daily life, but most can be managed. Here are some **questions to ask yourself** if you think you might have vision problems after a concussion:

- Have you had any change in vision since your concussion?
- Has your vision been blurry?
- Do you have double vision?
- Have you lost your vision at all, even for a short time?
- Do you see differently with each eye?
- Are you more sensitive to light?
- Have you felt dizzy while driving or watching TV?
- Is it hard to maintain visual focus when reading a book or using a computer?
- Does the room sometimes appear to shift or to rock back and forth?
- Do you see better if you tilt or turn your head?

When should I seek immediate medical attention?

You should seek **immediate** medical care if you feel or experience any of the following after a concussion:

- Loss of vision
- Double vision
- Flashes and/or floaters
- Visible injury to the eyeball
- Injury to face around the eye
- Irregular pupil shape
- Severe eye pain
- Eyes crossed or misaligned
- Unexpectedly bumping into things

