

# Aim • Balance • Anticipation • Reaction



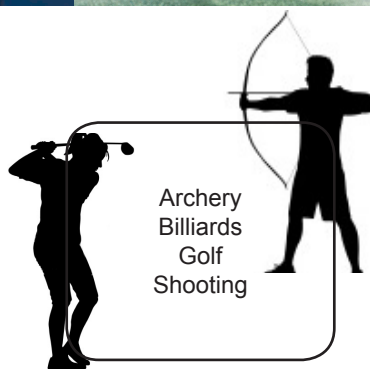
## Assessing the visual needs of patients who are serious about sports

Tips from Dr Kristine Dalton, Assistant Professor and founder of the University of Waterloo's Sports Vision & Motor Performance Lab.

You can easily test sport-specific parameters in your own practice.

- **Use common sense to adapt typical clinical tests.** Check low contrast visual acuity and/or contrast sensitivity to decide if small prescriptions will make improvements.
- **Cut down on chair time by grouping sports with similar visual needs.** Archery and golf require excellent visual acuity; gymnastics and martial arts rely on balancing skills; both basketball and soccer rely on quick visual-motor reaction time.

Refer patients to a sports vision clinic for specialty tests and expertise.



Archery  
Billiards  
Golf  
Shooting

- ▶ Colour vision
- ▶ Contrast Sensitivity
- ▶ Distance stereopsis
- ▶ Static visual acuity
- ▶ Vernier acuity



Diving  
Driving  
Gymnastics  
Martial Arts  
Motorcross  
Snowboarding

- ▶ Anticipation timing
- ▶ Balance
- ▶ Contrast sensitivity
- ▶ Distance stereopsis
- ▶ Visual acuity (static & dynamic)
- ▶ Visual-motor reaction time



Basketball  
Hockey  
Lacross  
Rugby  
Soccer

- ▶ Anticipation timing
- ▶ Peripheral awareness
- ▶ Distance stereopsis
- ▶ Time sensitive information
- ▶ Visual acuity (static & dynamic)
- ▶ Visual-motor reaction time



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