

Visual Stress FAQs

Q: Would Visual Stress be detected in my normal eye examination?

A: Probably not. This is a specialist area of optometry and is not part of most routine eye examinations. There are only a handful of opticians in the UK using eye training exercises and coloured filter technology.

Q: Does Visual Stress only affect children?

A: No, Visual Stress can affect people of all ages and often runs in families. Not all sufferers are poor readers, although visual distortions normally make it harder to concentrate on text, music or anything with lines in.

Q: Is Visual Stress the same as dyslexia?

A: No, although many people with dyslexia also have difficulties with eye co-ordination or visual processing. Visual Stress is particularly common in dyslexia and by treating visual problems, remaining symptoms can become much easier to manage.

Q: Does this approach help in other conditions too?

A: Yes, particularly in dyspraxia, MS, ME, autism, migraine, photosensitive epilepsy and ADHD. As with dyslexia, treating the symptoms of Visual Stress can make it easier to identify and manage the underlying medical condition.

Q: Is Visual Stress treatment available on the NHS?

A: Not at the moment. As a relatively 'new' condition, treatment is currently available privately from a small number of specialist optometrists in the UK. We run a bursary scheme with a local children's charity for those who would benefit but are not able to fund treatment themselves. Please contact us for more details.

Q: Is there any evidence that the treatment works?

A: Yes, there's a growing library of research into Visual Stress and the use of colour and exercises to treat the symptoms. There's plenty available online from independent researchers and optometrists, as well as testimonies of patients whose lives have been transformed through treatment for Visual Stress. Please ask us for more details, if you are interested.