

## AMBLYOPIA

### Where To Start - Lazy Eye GUIDE

**Note:**

This is a document made by an adult amblyopic (me), the parent of an amblyopic girl, and the creator of Mi Mundo Visual. It was created for parents and people (like you) interested in learning more about Lazy Eye or Amblyopia.

It is not intended to replace the role of the eye care professional or doctor. We recommend that you always see an ophthalmologist or optometrist before performing any of the exercises we suggest so that they can indicate that it is appropriate for each particular situation.

We are not responsible for any consequences arising from using the information in this document in any other way than intended. It is merely a guide to help you find your way around. Consult your eye doctor for medical advice!

# AMBLYOPIA - LAZY EYE

## Amblyopia Guide

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### Introduction to the world of Amblyopia or Lazy Eye:

If you're here, we assume it's because you're either a parent looking for **information for your son or daughter**. You have questions as to whether they have a Lazy Eye, which is also known clinically as **Amblyopia**.

Your child may have already been diagnosed at this point and been found to have a Lazy Eye. Or, perhaps you have doubts about whether they might have Amblyopia or not because you notice that they have some trouble reading, or you see that they stumble or fall often, and you want to know more.

**You might also be an adult** who, as a child, was **diagnosed with Amblyopia**, and you have heard that there are new types of treatment for Amblyopia that carry on into adulthood.

With this document, we would like to give you an **AMBLYOPIA GUIDE** with links to all our resources about Amblyopia.

We'll cover the following:

- **Amblyopia In Children**
- **Amblyopia In Adults**

To avoid getting lost among the page's contents, we have created an index to make it easier to search for topics related to amblyopia or lazy eye.

Note about our section about 'Amblyopia in Adults': Keep in mind that many concepts about amblyopia will be the same in both children and adults, so we have indexed them only once (in amblyopia for children), so if you don't want to miss anything, we advise you to start at the beginning.

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### Amblyopia In Children

#### Amblyopia concepts

##### What is amblyopia or lazy eye?

Let's start at the beginning. Amblyopia or Lazy Eye refers to a condition where one of the eyes cannot see 100%. This means that despite wearing glasses with the correct prescription and not having an eye disease, the amblyopic person does not see as they should because their visual system has not developed correctly. Due to a lack of coordination between the two eyes, the brain chooses the visual information from one eye over the other.

Untreated amblyopia can negatively impact both the child's school life and their life as an adult, whether in the workplace, in sports, or in any other life situation in the future.

So, to learn more about Amblyopia, don't hesitate to read: [What is Amblyopia?](#)

But what about the causes of Amblyopia? If we understand the causes, we might be able to prevent it from developing.

##### Causes of amblyopia

Several causes can be responsible for the development of a Lazy Eye. Ranging from refractive errors to strabismus and other causes. We're discussing the potential causes in a blog post for you: [What causes Amblyopia?](#)

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### Amblyopia In Children

#### Detection, Follow-up, and prevention

Several causes can be responsible for the development of a Lazy Eye. Ranging from refractive errors to strabismus and other causes. We're discussing the potential causes in a blog post for you: [What causes Amblyopia?](#)

#### How to detect Amblyopia?

Detection of amblyopia is essential as treating it as early as possible, at a very young age, will allow for a much better potential outcome. While the exact 'cause' will also influence the potential for recovery, as parents, we want to detect those visual issues early on.

We can observe certain clues in our child's behavior that could alert us that there might be an issue. We explore some of these clues in [How to Detect a Lazy Eye](#). We look at specific clues that might indicate if our baby or child could have a developing Lazy Eye.

- **Symptoms to detect amblyopia**

So if someone has a Lazy eye, what are some of the symptoms that are likely the result of having a Lazy Eye? How does it affect the life of our child? We are exploring Amblyopia symptoms in our blog post: [How Do I Know If I Have A Lazy Eye?](#)

Of course, not all the symptoms described in our content should be exclusively seen as indicators of amblyopia, as they could relate to other types of anomalies or pathologies.

This is why we must always take visual health seriously and schedule regular appointments with our eye doctor. While being observant parents can help detect visual defects early, there is no substitute for proper prevention with a proper eye doctor.

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### Amblyopia In Children

#### Detection, Follow-up, and prevention

##### Professional help and Preventive Follow-up appointments

Therefore, first and foremost, we should make an appointment with the ophthalmologist for an eye examination. This way, we can be sure to get a correct diagnosis of the pathology and the specific cause that has caused it.

As we've mentioned before, Amblyopia can have different causes.

- **Consult an eye care professional: Ophthalmologist or Optometrist?**

While we can also consult an optometrist's office, we must distinguish an optometrist from an ophthalmologist. Although both are vision professionals, their functions are slightly different.

If you have any doubts about the differences, we discuss this here: [What Are The Differences Between Ophthalmology And Optometry?](#)

NOTE: If we go to the optometrist first and there is an ocular pathology, the optometrist will refer us to the ophthalmologist to treat it. And if, on the other hand, we go to the ophthalmologist first, the ophthalmologist may also refer us to the optometrist so that they can take care of the treatment and follow-up. Both vision professionals usually complement each other.

If you are planning to schedule your first visit with an eye doctor, we would advise you to prepare your visit thoroughly if you want to get the most out of it.

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## Amblyopia Guide

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### Amblyopia In Children

#### Follow-up and prevention

##### Professional help and Preventive Follow up appointments

- **How to Prepare for the Visit with the Eye Care Professional: Ophthalmologist or Optometrist**

Suppose it is the first time you are 'confronted' with amblyopia and its clinical terms.

In that case, you might get overwhelmed and need help to process all the information at once or forget to ask important questions to you.

Or leave the consultation and forget 80% of what we have been told.

So how do you get ready for a potentially unfavorable diagnosis? How can you ensure that your emotions don't get the better of you?

We share our advice based on our firsthand experience with you here: [How To Prepare for A Visit With The Eye Doctor?](#)

Once we have left the ophthalmologist's office, we will arrive home with the diagnosis. Let's hope, in this case, that it is favorable and that your child does not have a Lazy Eye.

But if, on the other hand, this is not the case and the reality is that your child has Amblyopia, the ophthalmologist will have determined the treatment. A diagnosis of Amblyopia is challenging for any family, especially as there is no quick solution. Even the best treatment and full recovery will take time and effort from everyone: Child and Parents.



# AMBLYOPIA - LAZY EYE

## Amblyopia Guide

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### Amblyopia In Children

#### Amblyopia Treatment for Children

##### Intro

While different Ophthalmologists and optometrists might suggest various treatment plans for dealing with a Lazy Eye, they all have the same objectives:

- **Improve the visual acuity of the 'Lazy Eye.'**
- **Allow for both eyes to work together.**

Obviously, treatment will depend on the actual cause of Amblyopia, which needs to be determined by an eye doctor. Is Amblyopia caused by strabismus or a refractive error, or other...

Usually, one of the first parts of the treatment will be optical correction. That means putting on glasses (or contact lenses) with the intent to improve the visual acuity of the Lazy eye compared to the dominant eye.

After this -optical correction- step, the eye care professional will determine which is or are the most appropriate treatment(s) for your case, if necessary.

##### Some of these treatments are:

- Occlusion therapy: The idea is to cover the dominant eye (the one that is not amblyopic),
- Vision therapy with Traditional Exercises
- Vision therapy utilizing new technologies like games and virtual reality
- Vision Therapy plan that combines all of the above.

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### Amblyopia In Children

#### Amblyopia Treatment

##### Intro

Remember that not all eye care professionals will talk about all possible treatments for Amblyopia as they might have a certain bias, so it can serve you to be well-informed and, if necessary, seek more than one opinion.

In our personal experience, eye doctors have Amblyopia treatments can be combined, and not everything will depend on one or another treatment. It is necessary to have good support from the eye care professional, who knows how to guide us towards the best and most appropriate option for our child, whether it is one or several treatments.

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### Amblyopia In Children

#### Amblyopia Treatment

##### Optical correction: glasses and/or contact lenses

The first step in initiating treatment for lazy eye in children is to provide the eye (or eyes) with the optical correction it needs. This is accomplished with glasses or contact lenses.

- **Glasses**

When we put glasses on our child, the idea is first to correct the refractive errors of the eyes (myopia, hyperopia, and astigmatism).

- **Contact Lenses**

In addition to glasses and especially in the of anisometric amblyopia (which is when there is a considerable difference in dioptic between one eye and the other), we are likely to be advised contact lenses as a treatment for lazy eye in children. If you want to learn more about this, we cover this subject in Lenses For Kids With Amblyopia.

The Eye Doctor will not necessarily tell you where exactly to purchase the glasses or contact lenses. Here's a list of leading opticians with whom we can order glasses or contact lenses for our child in-store and online.

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### Amblyopia In Children

#### Amblyopia Treatment

##### **Treatment with occlusion or penalization therapy.**

Once we have the glasses (and/or contact lenses), we should start treating the lazy eye. As mentioned above, there are different treatments; some are more passive (such as simply wearing an eye patch), and others are more active (such as consciously doing visual exercises).

Treatment based on occlusion or penalization therapy has no objective but to block the vision of the dominant eye (i.e., the stronger eye), make the amblyopic eye (weaker) 'work' harder, and allow it to gain visual acuity.

- **Types of occlusion therapy**

The traditional treatment for blocking the dominant eye is usually occlusion of that dominant eye with an eye patch.

However, other alternative treatments are used to make the vision of that eye impossible. For example, Atropine drops cause the dominant eye to see 'blurry' or Bangerter filters (Filters are put on top of the glasses so that the dominant eye does not see clearly).

- **Traditional treatment: The eye patch**

However, in the vast majority of cases, the ophthalmologist will prescribe the eye patch, i.e., occlude one of the eyes with a patch.

Since we know firsthand how complicated it can be for a child, both physically and emotionally, to wear an eye patch, we would like to share a series of tips for parents with us to help them cope with this situation as a family in the best possible way.

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### Amblyopia In Children

#### Amblyopia Treatment for Children

**Treatment with occlusion or penalization therapy.**

- **Practical advice for parents about the patch**

So first of all, we've discovered that many different types of Eye Patches for Children are available, and they all have pros and cons. On top of that, choosing the right brand of eye patch can also make a big difference, as they are not all created equal.

Some brands that sell adhesive eye patches, for example, use a very hard and painful glue to remove. At the same time, you'll want to pay attention to the design of the eye patch, as the 'acceptance issue' for your child should be addressed. We cover some of our findings here: [How to choose the best eye patch for our Child?](#)

As we've mentioned, removing the eye patch can cause skin irritation because of the glue. So, yes, even if you found the best brand available, the frequent usage of adhesive eye patches can still result in a painful removal of the eye patch.

We've gathered some tips to help remedy that unpleasant situation: [How To Remove An Eye Patch Without Causing Pain.](#)

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### Amblyopia In Children

#### Amblyopia Treatment

##### Treatment with occlusion or penalization therapy.

- **Tips for parents: Coping with amblyopia in the family**

And it's not just about practical matters when we talk about the eye patch. As parents, we should be mindful of understanding how psychologically difficult it can be for our child to wear a patch, even more so if it is in public, especially at school.

So, our approach will be critical in becoming successful with eye patch therapy for our child. A big part of gaining their acceptance will depend on how well we can relate to that issue. Here are some tips we found can help: [7 Tips On How To Be Successful With Amblyopia Therapy For Your Child.](#)

When our daughter had to wear an eye patch, at some point, we figured it was helpful to wear it ourselves and spend a few hours with the patch on just like her, and do whatever activity we had to do with the patch on.

This can be an excellent way to understand firsthand how someone with an eye patch feels and what their vision is like with just one eye.

Another way to help with acceptance and consistency is to turn part of the patch routine into a unique moment to share as a family. Here are some ideas for games or activities we can introduce in our day-to-day schedule while our child is wearing the eye patch: [5 Activities To Do While Wearing An Eye Patch.](#) With these activities, we are not just stimulating the 'Lazy Eye' but motivating our child.

Motivation is actually key, and it is essential that our child feels understood at home and in their surroundings to cope with this new reality. Also, when the ophthalmologist's office prescribes eye patch therapy as a treatment, some inconveniences might not have been mentioned. We believe that, as parents, we should know what these are beforehand to prepare ourselves to help and guide our children. We cover this here: [6 Inconveniences With Eye Patch Therapy We Are Not Told About.](#)

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### Amblyopia In Children

#### Amblyopia Treatment

##### Vision Therapy in Amblyopia

As we've mentioned before. There is more than one kind of treatment to correct Amblyopia or Lazy Eye.

Occlusion Therapy treatment with the patch is often combined with other treatments, such as vision therapy.

In other words: In addition to wearing the patch, perhaps the ophthalmologist has prescribed some additional activities or exercises to stimulate the Lazy Eye.

- **What is vision therapy in Amblyopia?**

To recover from Amblyopia, it is not only visual acuity that needs to be worked on. It is equally important to teach the two eyes to work as a team, together, coordinated, and offer the best possible information to our brain. This is how we can achieve 3D or three-dimensional vision, for example.

So in the best-case scenario and always depending on our particular situation, the ophthalmologist will talk to us about vision therapy as visual training to address that all-important connection between our eyes and brain and refer us to an optometrist who can guide that learning process. We cover the basics in: [All About Vision Therapy](#).

- **Convergence and divergence**

One of the essential concepts we might want to get familiar with as parents is '[Convergence and Divergence](#)'. In Vision Therapy, many exercises aim to improve the child's converging and diverging skills, as these form an essential part of the cooperation between the eyes.

Having said that, be mindful that Vision Therapy exercises for Amblyopia each have their moment in the sun. We are saying that each type of exercise will be linked to different stages or phases of Vision Therapy.

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### Amblyopia In Children

#### Amblyopia Treatment

##### Vision Therapy in Amblyopia

- **Phases of Vision Therapy**

And the fact is, vision therapy consists of several phases. The first phase will -for example- work on strengthening the 'Lazy Eye' (as in the case of the eye patch) and then progressively going through other phases where there is more and more complexity until you get to see in 3 dimensions or what is the same, binocular vision is achieved.

We've laid out more information about the different phases of Vision Therapy here: [4 Phases Of Vision Therapy When Treating Amblyopia.](#)

Vision Therapy exercises should always be guided and supervised by a vision specialist. While it is good for us as parents to participate and know what we are doing if we are asked to do exercises at home with our child, we should remember that our growing knowledge doesn't turn us into professionals.



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### Amblyopia In Children

#### Amblyopia Treatment

##### Exercises in vision therapy at home

After a first assessment visit, which is usually quite long as a large number of visual tests are performed, the optometrist will determine which tools and exercises are best suited to our case and will prescribe the exercises to be performed daily at home.

These exercises are in addition to regular follow-ups at the eye doctor's office, where a visual therapy session will also be performed using other types of tools that are not available at home.

We differentiate home-based visual exercises into traditional Vision Therapy Exercises and those exercises that use new technologies, like Games and Virtual reality glasses.

- **Traditional vision therapy exercises**

Here are some of the exercises or tools which an optometrist often times asks to work on at home. This is not a complete list, just some of the more frequently used tools. You can learn more about each of these tools and, in some cases, find our own free additional resources.

- [Brock's string](#) (a white string, in most cases with some colored wooden balls),
- [Marsden ball](#) (a ball hanging from a string that is somewhat larger than a tennis ball that has numbers and/or letters printed on it)
- [Lifesaver cards](#) - With Free PDF
- [Eccentric circles](#) - With FREE PDF --( work on merging the images of the two eyes - convergence and divergence).
- [Labyrinths - Mazes](#) - With Free PDF

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### Amblyopia In Children

#### Amblyopia Treatment for Children

##### Exercises in vision therapy at home

- **Vision therapy exercises with new technologies**

In addition to these traditionally used exercises, there are other types of more innovative and advanced treatments thanks to new technologies that work on amblyopia through computer programs.

While games and virtual reality are used in Therapy Sessions with your eye doctor, this technology allows daily exercises at home.

Whether with virtual reality glasses or through video games, these programs are especially created to stimulate the Lazy Eye and treat amblyopia.

These games are usually either done with the eyepatch on but can also be done by using anaglyph glasses.

Either way, your optometrist or ophthalmologist will provide the tools you need for your child to do these Visual Exercises at home.

We've gathered information about the usage of video games and Virtual reality to treat Amblyopia here:

- [5 Amblyopia-focused Game and/or Virtual reality providers](#)
- Review of Visionary Tool
- Review of AmblyoPlay
- [Study about the usage of video games and virtual reality in treating Amblyopia.](#)

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## Amblyopia Guide

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### Amblyopia In Adults

#### Amblyopia In Adults - Introduction

We must not forget that amblyopia is not only a potential issue for children. There are many of us who, even in adulthood, continue to suffer from Lazy Eye. Therefore, we have this second section in our guide designed and created just for those people like you and me who are amblyopic and want to know more about Lazy Eye in adults.

Perhaps we were diagnosed with Amblyopia as children and had to wear the patch for a long time, and we thought that after a certain period in which we did the corresponding treatment, the problem had been corrected. However, did we recover? Was there regression?

How does Amblyopia affect our daily lives now as adults? And can new technologies and treatments help Amblyopic Adults?

Or possibly, we have never known that we had a Lazy Eye, and we did not know that we didn't see in 3 dimensions because we have always seen the world as flat.

Or did the ophthalmologist (after we were 8-12 years old) tell our parents that it was too late to treat our Lazy Eye because our visual system was already fully developed and it was a lost cause? There was no solution.

Whatever your situation, at MiMundoVisual.com, we've gathered the latest information available about Amblyopia in adults.

While there haven't been any 'magic pill' discoveries, there is scientific research and some examples of success in using Vision Therapy to treat amblyopia in Adults.

A famous example is that of Stereo Sue. A woman who saw the world flat for most of her life and learned to see in 3D at the age of 48. At the same time, it is still a complicated matter, and it remains true that there are no certainties. We hope that our resources can help out in some way.

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## Amblyopia Guide

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### Amblyopia In Adults

#### Amblyopia In Adults - Introduction

- **Questions about amblyopia in adults.**

As life passes us by at the speed of light, we might have forgotten all about our Amblyopia condition. We might not even think about it anymore. However, it is not uncommon to suddenly feel bombarded with many questions about it. Do we really know everything about our Amblyopic eye? Do we know if it is possible to treat Lazy Eye in adults? Can a lazy eye be operated on?

We cover some of these questions here: [5 questions about Amblyopia in adults.](#)

- **Living with amblyopia: day-to-day life**

Have you ever wondered if Amblyopia is affecting your life daily? While Amblyopic adults adapt to the fact that they might not see in 3 dimensions as they have learned to use other markers to observe their environment. However, aren't you curious to know if there is some symptom in your life that is directly related to Amblyopia? We cover this here: [Little Everyday Difficulties That Might Be Due To Amblyopia.](#)

As we mentioned before, treating amblyopia is not only possible for children, but according to the latest scientific advances, thanks to the plasticity of the brain and its ability to change, it is possible to work on our visual system also in adulthood.

- **Stereo Sue: An example that there is always time to regain 3D vision as an amblyope.**

While the process may be slower, there is still some hope for amblyopic adults. One such case of struggle and motivation to achieve 3D vision is neuroscientist Susan Barry, who got to see for the first time in three dimensions past her 40 years of age. Learn all about Susan Barry here: [Susan Barry and Stereoscopic Vision](#)

Like any situation in life, you have to work hard, yes, you have to be persistent, yes, and you must not lose motivation. At the same time, we have to consider our particular situations and their potential limitations. However, you should discuss this with your eye doctor.

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## Amblyopia Guide

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### Amblyopia In Adults

#### Follow-up and treatment of Lazy Eye in adults

- **Professional follow-up**

Therefore, the first step is to have an initial visual assessment by an eye care professional, for example, with an ophthalmologist who can at the same time rule out any other visual pathology. Suppose they think it is appropriate and see the potential for improvement. In that case, they will refer us to an optometrist specializing in vision therapy, who, in turn, will perform a visual examination to determine if we are suitable to start Vision Therapy treatment.

If you need to brush up on the differences between an optometrist and an ophthalmologist, don't hesitate to read about it here: [Differences between Ophthalmology and Optometry](#).

- **Vision therapy for adults with amblyopia**

Vision therapy is the visual training performed to achieve the best possible vision. It considers that vision is much more than just visual acuity. So regardless of whether the potential for improvement in visual acuity is limited, Vision Therapy will open up another path that evaluates your vision - visual capacities -as a whole. As we have indicated, some studies show that we can still seek out improvement as adults living with Amblyopia.

Here are some Vision therapy concepts that you might want to brush up on if you want to explore the possibility of starting with Vision Therapy:

- [Vision Therapy](#): Giving you a point of reference of what Vision Therapy consists of.
  - [Phases of Vision Therapy](#): Showing you how each exercise is linked to a phase in your treatment. In the same way, we need to learn to walk before learning to run.
  - [Convergence and Divergence](#): An essential concept when it comes to understanding the goal in Vision Therapy.
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## Amblyopia Guide

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### Amblyopia In Adults

#### Follow-up and treatment of lazy eye in adults

- Traditional vision therapy exercises

Just like we discussed in the section about Amblyopia in children, these are some tools you might get familiar with if you consider Vision Therapy, as it is likely that your optometrist will use them in their Vision Therapy treatment for you.

- [Brock's string](#) (a white string, in most cases with some colored wooden balls),
- [Marsden ball](#) (a ball hanging from a string that is somewhat larger than a tennis ball that has numbers and/or letters printed on it)
- [Lifesaver cards](#) - With Free PDF
- [Eccentric circles](#) - With FREE PDF --( work on merging the images of the two eyes - convergence and divergence).
- [Labyrinths - Mazes](#) - With Free PDF

These exercises are practiced depending on the stage of vision therapy in which we are. We can always consult with our optometrist about which phase we are in and if they consider these exercises suitable for us.

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### Amblyopia In Adults

#### Follow-up and treatment of Lazy Eye in adults

- **Vision therapy exercises with new technologies**

A new hope also arises for Adults with Amblyopia as the technology of Games and Virtual Reality allow us to easily integrate Vision therapy at home with exercises that are measurable.

We've gathered information about the usage of video games and Virtual reality to treat Amblyopia here:

- [5 Amblyopia-focused Game and/or Virtual reality providers](#)
- Review of Visionary Tool
- Review of AmblyoPlay
- [Study about the usage of video games and virtual reality in treating Amblyopia.](#)

While it is true that some of the vision therapy software, such as VisionaryTool or AmblyoPlay, are intended primarily for children (because of their drawings), they are also recommended for adults because of their possible effectiveness.

There are very encouraging trials in this regard, such as here and the application of virtual reality as a treatment for Lazy Eye. However, remember that it will always be our eye doctor that should guide us toward the most suitable option for us.

It is also advisable to continue regular check-ups to control the evolution of the amblyopia and to check for possible changes in our Vision once the vision therapy has been completed.

# AMBLYOPIA - LAZY EYE

## Amblyopia Guide

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### Amblyopia In Adults

#### Lazy eye in Adults: Knowledge Base

- **Info for adults with Amblyopia**

Beyond treating the Amblyopic eye, here you will find some information that could be relevant to you regarding Amblyopia in adults.

For example, is it possible to drive with Amblyopia in all countries, and what visual requirements are necessary for certain professions? Can I drive with a Lazy Eye? Do you know what other studies or resources on Amblyopia I can dig into? What about work & Amblyopia?

We are expected to ask ourselves these questions when we have a lazy eye, so we'll add to this list of resources as we go.

- **Resources**

And in case we are left wanting to learn more about amblyopia, we will find several scientific studies and academic papers in several languages with extra information about amblyopia in the Academic Resources.

Also, if we want to read some books dedicated exclusively to Amblyopia, here's a link to a series related to amblyopia.

- <https://mimundovisual.com/en/academic-resources/>



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### All About Our Vision

#### MiMundoVisual.com

For more information and further learning about amblyopia, we welcome you to [www.mimundovisual.com](http://www.mimundovisual.com)!

MiMundoVisual has evolved over the years, and beyond information about Amblyopia, you will also find general information about Vision-related topics.

We have created a series of Menu Pages that should make finding information easier - Here are the main Menu Pages for you:

- [AMBLYOPIA](#) - (All about Amblyopia - Lazy Eye)
- [VISUAL TESTS](#) - (Downloadable vision tests, other vision tests, online and mobile vision tests)
- [VISION THERAPY](#) (All About Vision Therapy)
- [VISUAL DISORDERS](#) - (refractive errors, eye anomalies, and eye diseases)
- [THE EYE](#) - (anatomy of the eye, eye care, and curiosities about the eye)