



## Concussions, Aging and Vision Training. How are they related?

**With a new season of many sports right around the corner, it's never too early or too late to start your vision training! Take a look at these articles and vision tools that will help start your training off on the right foot! Not only is vision training proven to boost your performance within a sport, but it can also help with many other issues involving your every day life.**

Also, for more articles and vision tools visit our [blog](#) or [website](#) or [contact us](#) to talk about what training tools are best for you!

### [Concussions Are Associated With Decreased Batting Performance Among Major League Baseball Players](#)

Background: Concussions impair balance, visual acuity, and reaction time—all of which are required for high-level batting performance—but the effects of concussion on batting performance have not been reported. The authors examined this relationship between concussion and batting performance among Major League Baseball (MLB) players.

## Eye training naturally improves age-related vision loss

Just five days of training can make the visual acuity of older adults equivalent to that of adults in their 20s, according to a surprising study conducted by researchers from the University of California, Riverside, and Brown University and published in the journal Psychological Science.

### Vision Training Aid

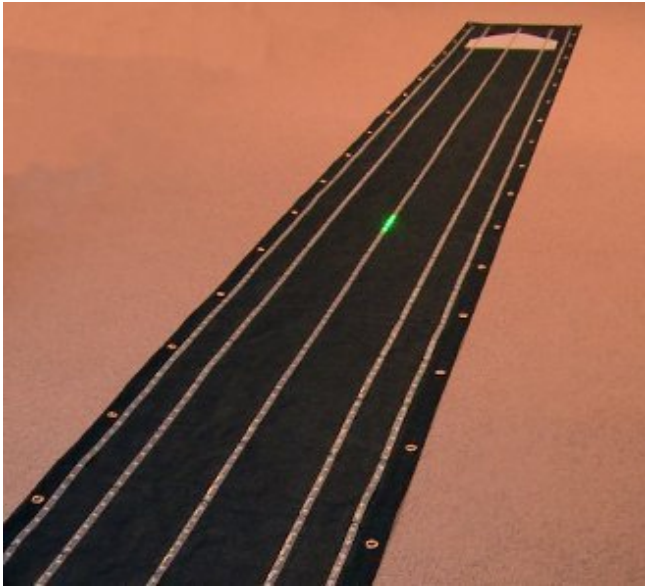
The Brock string was named after Frederick Brock, who developed it as a tool to help him correct his own vision problem.



*Brock String*

When using the Brock string, one end is held at the tip of the nose, while the other is tied to a fixed point – often our patients will use a doorknob. Three beads on the string are placed at different distances, and the patient must focus on each of the beads. The Brock string helps develop better binocular vision.

One of the most important pieces of equipment for vision exercises when working on convergence is the Brock String. It offers instant feedback to the participant if their eyes are working together to focus on an object at various distances.



3D Simulator

## Vision Training Aid

Our state-of-the-art 3D Simulator is designed to enhance and train our athletes for:  
Baseball, Softball, Tennis, LaCross, and Ice Hockey.  
The skills that will be enhanced by our program:

- Speed of Recognition
  - Balance & Coordination
  - Improvement of Concentration
- Peripheral Awareness
  - Eye Movement Evaluation
  - Depth Perception
  - Tracking of a Movement
  - Reaction Time



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