

**Let the
Visual Enhancement
Training Program
at the
NeuroSensory Center
take you to the peak
of your game,
whatever that game
may be....**

Soccer, Football, Golf,
Basketball, Baseball,
Softball, Tennis, Skiing,
Racquetball, Volleyball,
Gymnastics, Lacrosse,
Field Hockey, Martial
Arts, Cheerleading, Ice
Hockey, Dance



**You train hard—now unlock
your full potential.**

Sports Vision Training “can make the difference between being good at your sport, and being elite”.

*- Dr. Paul Berman, former President of
the American Optometric Association’s
Sports Vision Section*

**Here are some links to more information
about visual enhancements for athletes:**

<http://www.aoa.org/x5337.xml>

[http://www.sptimes.com/News/10699/
Citrus/Helping_athletes_see_.html](http://www.sptimes.com/News/10699/Citrus/Helping_athletes_see_.html)

[http://www.drlampert.com/boca-raton-
news.htm](http://www.drlampert.com/boca-raton-news.htm)



NeuroSensory Centers
of America™

**The NeuroSensory
Center of Eastern
Pennsylvania**

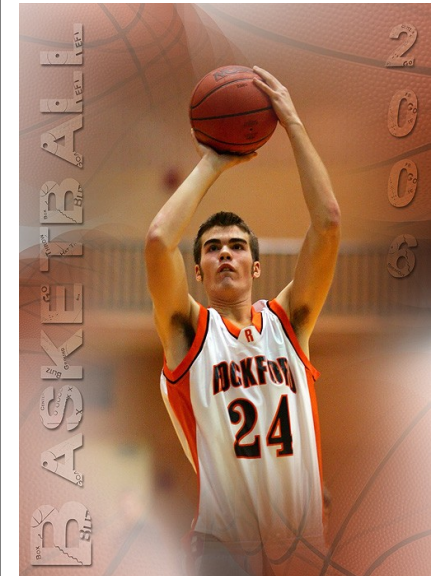
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NeuroSensory Centers
of America™

**Visual
Enhancement
Training for
Athletes**



**Take your performance
to the next level!**

**The NeuroSensory Center
of Eastern Pennsylvania**

A training program proven to enhance performance in athletes of all ages.

In any sport, efficient visual skills are among the most important assets to the athlete. Many visual skills beyond “20/20” eyesight are necessary for high levels of success in sports. Long hours of training and practicing mean little if the athlete’s visual skills are not superior. Visual skills



One of many sports in which visual skills are as important as conditioning, strength and quickness.

are the key to an athlete’s timing, coordination, and overall performance in any sport: tennis, golf, martial arts, soccer, baseball, softball, football, dance, basketball, cheerleading, gymnastics, or any activity in which the athlete and/or an object are in motion. Vision affects batting average, racquetball score, pass completion rate, free throw percentage, and an athlete’s ability to “find the net”. Professional athletes utilize sports vision training in order to achieve superior results. Many Division I schools also recognize the “edge” that sports vision training gives to their athletes, and make it available to them.

You can’t be your best, if your visual skills aren’t their best.

Visual Skills That Are Crucial to Athletic Success

Dynamic Visual Acuity: Seeing sharply and clearly when an object or player is in motion.

Focus Flexibility: The ability to quickly refocus at different distances, or on moving objects

Eye-Hand/Foot/Body Coordination: Controlling muscular movements to match a visual stimulus

Binocularity/Stereopsis: Coordinated use of both eyes to see depth and distance accurately

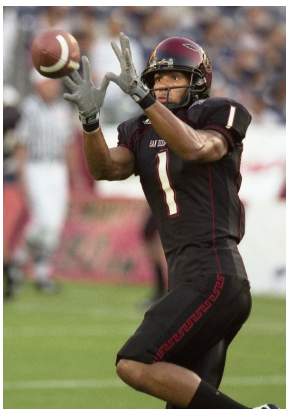
Peripheral Awareness: The ability to concentrate on one object while maintaining awareness of others

Visualization: The skill of mentally previewing a situation and guiding the body to react efficiently

Visual Tracking: accurately fixating and following moving objects—“keeping your eyes on the ball”

The **VETA Program** at the NeuroSensory Center of Eastern Pennsylvania

The Visual Enhancement Training for Athletes (VETA) Program is based upon the latest scientific research. Numerous studies have shown that visual enhancement training directly leads to improved visual skills and improved performance, across a wide range of sports. The U.S. Special Forces, U.S. Olympic Teams, and many professional athletes from many different sports use visual training.



The **VETA Program** begins with an hour of sophisticated NeuroSensory testing that

Football “Skill Positions” benefit from Visual Enhancement Training.

examines current visual functions, balance, how well visual information is relayed to the brain, and how well the brain integrates the information for maximum performance. The ability to coordinate eye movements and head movements is assessed as well. Then, following a consultation with our staff, including an experienced Neuro-Optometrist, a Visual Training Specialist, and if appropriate, a Neuropsychologist, we will use the most up-to-date equipment to administer your individualized training program. Programs last between 16 and 24 sessions, depending on the athlete’s needs and abilities. At completion of the program, a NeuroSensory reassessment is completed to monitor improvement.

As an added benefit to athletes, one component of the assessment is neurocognitive testing, examining various brain-based mental abilities. Should the athlete receive a concussion during the playing season, repeat testing can be used to determine when the athlete is ready to return to practice or game situations.

Call now to reserve your appointment !



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