

At first I never even knew there was such thing as Eye Therapy, so I was kind of scared. Then, I got to know Dr. Adams and Robin and how to do the exercises and couldn't wait to go each time. Dr. Adams and Robin are friendly and really try to get to know you. Read on to hear my story.

The first time I went they mostly showed me the different exercises. They also talked about my symptoms. My symptoms were headaches, eyes hurting, feeling drowsy, loss of concentration, quadruple vision and holding books closely or leaning head closely while writing and reading. Dr. Adams said it would take me about 3 to 6 months to get better, he was right. It took me about 4 months. He said I was not that bad that other kids would take about 12 to 18 months.

The exercises I did at home were the Arrows, the Brock String, the Stick in Straw and the Life Savers. My favorite is the Life Savers. The Arrows are the hardest. At first you just touch the arrows and say the direction they are pointing. Next, you move your hands in the direction the arrow is pointing and say the direction. When you got that, you do it to the beat of a Metronome and when you get real good you move your hands opposite of the arrows and say the right way.

I know that my eyes are better, because they are comfortable now when I read and write. I also do it for the pleasure not because I have to. I was able to write this letter without falling asleep or getting a headache. I feel way better now.

Oh yeah, Dr. Adams said that I was his first success, because everybody else either dropped out or hasn't finished yet. Yes, sometimes I got tired of doing exercises, but I did it anyhow and look where I'm now. I'm a 13 year old that's headache free and loves to read and write! Before I did Eye Therapy, my parents had to force me to read and write.

Thanks Dr. Adams and Robin,

T.B.