Assessing the visual needs of patients who are serious about sports

Tips from Dr Kristine Dalton, Assistant Professor and founder of the University of Waterloo’s Sports Vision & Motor Performance Lab.

You can easily test sport-specific parameters in your own practice.

- **Use common sense to adapt typical clinical tests.** Check low contrast visual acuity and/or contrast sensitivity to decide if small prescriptions will make improvements.
- **Cut down on chair time by grouping sports with similar visual needs.** Archery and golf require excellent visual acuity; gymnastics and martial arts rely on balancing skills; both basketball and soccer rely on quick visual-motor reaction time.

Refer patients to a sports vision clinic for specialty tests and expertise.