Sports & Performance Vision
An Overview

Dr. Keith Smithson
Chair, Sports & Performance Vision Committee
SPV - Who Needs it?

Many patients already sitting in your chair

- Child Athletes
- Adults
- “Weekend Warriors”
- First Responders
- Military
SPV - Who Needs it?

➢ Roughly 90 million Americans (35%), across all age groups, avidly participate in some sort of sport

➢ Another 84 million participate in a sport occasionally

➢ Many patients participate in physical activities that involve vision and performance (e.g., golfers, tennis, military service, first responders)
Integral component of primary eye care for patients involved in sports and other physical activity

- Adds value to your services
- Expands your patient base
- Encourages patients to regularly utilize your services
- If optometry does not address athletes’ vision needs patients will go somewhere else
SPV - What is it?

➢ Primary Eye Care for athletes of all ages

➢ Managing the Eye/Vision health & Performance of patients involved in sports or other physically demanding activities
SPV Services

➢ Vision correction
  • Contact lens fitting
  • Eyeglasses
  • Refractive surgery co-management

➢ Protective eyewear

➢ Visual performance evaluation

➢ Detecting & Treating vision symptoms from sports-related Injuries

➢ Performance vision training

➢ Team consultation

➢ Sports safe eyewear

➢ Education an Awareness
AOA’s SPV Pillars

1. SPV Evaluations & Comprehensive Eye Exams
2. Refraction, Correction, & Protection
3. Concussion & TBIs
4. Visual Performance: Assessment & training
SPV Evaluations & Comprehensive Eye Exams

1. Identify Patients involved in Sports
   • Little league to College Athletes

2. Assess their needs
   • Eye protection, undiagnosed TBIs, etc.

3. Help athletes address their needs
   • e.g., treat, train, and/or refer
Refraction, Correction, & Protection

➢ Contact Lenses
➢ Eyeglasses
➢ Surgery co-management
➢ Sports Safe Eyewear
Concussion & mTBIs

- Important part of concussion care team
- Check for signs of undiagnosed:
  - Concussions/mTBI and
  - Its visual symptoms
- Baseline testing
- Treat & Refer
- Return to play/school
Identify the visual demands of the athlete and their sport

Determine appropriate testing batteries and training

Develop a plan to improve performance
AOA’s SPV
2018 Agenda

- Goal: Help members address the primary eye care needs of their patients by incorporating basic SPV services into their practice.

- 2018 Plans:
  - Education
  - SPV Forum at 2018 at OM
  - Advocacy
AOA’s SPV
2018 Agenda

- Education
  - Short introductory webinar series
  - Resources
  - Clinical Pearls
AOA’s SPV 2018 Agenda

- SPV at 2018 at OM
  - CE Lectures
  - Opportunities for hands-on learning
    - Workshop
    - SPV Forum
AOA’s SPV
2018 Agenda

Advocacy

• Work with local State and Federal policymakers to ensure:
  o Doctors of optometry can treat athletes to the fullest extent of their training and education
  o Athletes’ vision is protected (e.g., policies requiring sports-safe eyewear)

• Work with other professions (MDs, PTs, OTs, trainers, etc), so that they
  o Understand optometry’s role as primary eye care physicians and
  o Refer athletes to doctors of optometry
More Information

- Join the Sports & Performance Vision Advocacy Network (SPVAN)
- aoa.org/SPV