Sports Vision in the News
Fraser C. Horn, O.D.

In Print

Continued Success

Recently, I was informed that an article published by Drs. Jamara, Potaznick, and Matjucha is the most popular article with respect to low-vision rehabilitation. This is a fantastic article published back in 2008 in Optometry. We all read about how we will have so many of our baby-boomer population with eye problems, this article is probably even more relevant today. So, take a look at it sometime: Low vision rehabilitation for a target-shooting marksman with visual field loss and diplopia.


On-Line

How Many Concussions Have You Had?

In the Open Access Journal of Sports Medicine, the authors looked at how using a definition impacts the self-reporting of concussions. The investigators asked 472 current and former athletes how many concussions they have had in their lives. Then the interviewers read the definition from the Centers for Disease Control and the Third International Conference on Concussion in Sport:

Some people have the misconception that concussions only happen when you black out after a hit to the head or when the symptoms last for a while. But, in reality, a concussion has occurred anytime you have had a blow to the head that caused you to have symptoms for any amount of time. These include: blurred or double vision, seeing stars, sensitivity to light or noise, headache, dizziness or balance problems, nausea, vomiting, trouble sleeping, fatigue, confusion, difficulty remembering, difficulty concentrating, or loss of consciousness. Whenever anyone gets a ding or their bell rung that too is a concussion.

They then asked them to again estimate the lifetime number of concussions based on the definition.

Of the 472, 341 (73 percent) increased their number, 118 (25 percent) maintained the same number, and six (2 percent) decreased their number. The median reported number of concussions was 7 pre-definition, and 15 post-definition! This two-fold increase was consistent between those who played contact sports and those who played non-contact sports.

So what? Well, I think this shows that when we are talking with our athletes and we ask them about the number of concussions they have sustained, they are probably reporting those that have caused significant symptoms (loss of consciousness or lengthy symptoms); however, we need to provide a basic definition in order to get a more accurate definition of the impact.

Kirschen and Laby back in the News!

Dr. Dan Laby, 2013 Eagle Award Winner, and Dr. David Kirschen are interviewed and research referenced in a nice article on Voice of America. This is a nice piece discussing the importance of vision and performance, specifically in baseball. Not only does the article discuss the importance of vision, but also on sports vision specific testing and how that relates to performance. It is a great article to use with your patients and also includes a nice video showcasing the two doctors. Take a look at this nice, quick read.


Heavy Metal Driver

No, this is not an article on a rock star driving or a new type of golf club; rather this is an article on a NASCAR driver, Denny Hamlin. Back in March 2014, Mr. Hamlin missed a race due to a “sinus infection.” He was referred to a local hospital and the doctors found a “piece of metal in the driver’s eye.” The pain he was experiencing was immediately improved once the metal was removed. I’m sure this was a scary moment for the driver and his crew.