

PREREQUISITES NEEDED FOR SUCCESSFUL PRI VISION INTEGRATION



The patient needs to:

1) be or become active on their feet. For example:

- walking
- jogging
- elliptical
- dynamic/Skier's Edge
- stair climbing
- golfing
- bowling
- hunting
- gardening
- mowing
- cooking
- shoveling
- vacuuming
- dancing
- fishing

*Swimming and cycling are not recommended.

- 2) reflect on hobbies, their passion, and things they have always wanted to do and integrate this into their life.
- 3) recognize need to establish more appropriate positional balance. So good shoes, mirrors, fanny packs, balance activities, etc. should all be considered.
- 4) be on "their" TMJ disc or have an appropriate oral appliance to allow them to open and close their mandible without cervical or cranial torsional force.
- 5) have no braces on his or her teeth, or have braces on his or her teeth for less than three months.
- 6) have no major crossbite or malocclusion that will limit cranial or cervical orientation.
- 7) wear stable heel and mid arch supportive footwear during functional activity.



- 8) be willing to wear glasses that will possibly compromise visual clarity during functional activity or inactivity.
- 9) be willing to purchase possibly more than one pair of glasses.
- 10) have had a comprehensive eye exam within the past two years to rule out eye health issues and what subjectively is needed for clear vision.
- 11) understand that they don't need to fill prescription from recent eye exam, unless it includes contact wear, until seen by PRI Vision Optometrist.
- 12) bring the last three full eye exam records, not just the prescriptions.
- 13) bring current glasses or contact lenses.
- 14) bring the last set of PRI Non-Manual Techniques recommended by the PRI Therapist.
- 15) bring any other significant ocular finding as identified by his or her eye doctor, including information about his or her degenerative disease, changes of astigmatism, increase in nearsightedness, binocular or accommodative skill deficiencies, history of prism use or intolerance to eyeglasses or contact lens prescription.
- 16) bring pre-Lasik, pre-PRK, pre-cataract surgery or visual surgical intervention exam records.