

Dr. Eger Has Success With Sports Vision Enhancement Therapy

By Clay Schad

Dr. Jeffrey Eger continues to have success with his sports vision enhancement therapy which combines vision training lenses with biofeedback techniques, and/or a sports contact lens when needed.

John Smith III was the slowest reader in his class before beginning work with Dr. Eger. Now he says he is the fastest. His eyes are stronger due to the near only training glasses and his peripheral vision is enhanced due to the therapy. John wants to play pro basketball and with a height of 6 ft., 5" at 13 years of age, he probably has a good chance to play center, as he desires, now that his distance sight has improved.

Katie Kinder hopes to be a gymnast and has been training for four years. She had trouble seeing near and after just a few weeks of near point glasses and training, she says she can already tell a big difference. "I can grab the bars better," she says. Katie would like to get a college scholarship at the University of Utah and compete in the Olympics.

Dr. Eger believes that to be a good athlete the need to train the eyes is just as important as physical workouts. In the last 3 1/2 years Dr. Eger has worked with three PGA golfers and after 5 weeks to 3 1/2 months all won championships. Last year 4 out of 5 top ASU golfers were his contact lens patients. He says, "Once the seven parts of vision are practiced correctly and efficiently, and become part of you, you begin playing your game better on auto pilot." He trains patients how to move their eyes, instead of their head. He says that you can move your eyes 40 to 50 times faster than your head and moving your head gets you out of balance.

John's dad, John Smith Jr., a former Harlem Globe Trotter says that his son's grades went from C's to A's and his attention has improved, as well as his vision. His attitude in supporting his son's ambition is, "to be there to support him." Katie's mom said the idea is to, "raise children to have dreams and encourage them to follow their dreams. The sport is not just a sport, it's a discipline. They learn to set goals and work towards those goals, and to accept failures." Dr. Eger adds, "With optimum vision there can be optimum performance in athletics as well as learning in school.."