

Ahwatukee Area Doctor Can Improve Your Vision With Biofeedback

Tempe optometrist and Ahwatukee homeowner Dr. Jeffrey J. Eger recently acquired a state of the art Accomotrac vision trainer which corrects focusing problems and is useful in increasing peripheral awareness which is a necessity in athletics. Dr. Eger is planning to use the Accomotrac therapy with professional sports teams such as football, basketball, baseball, golf and tennis.

No matter what sport you may be involved with: professional, university, or just recreational, the Accomotrac can help you become more aware of where the ball is in relation to the hoop, cup, or opposing players. It can help you attain smoother eye tracking to the motion of the ball, with quicker and more accurate eye focusing.

Every sports participant is always looking for a competitive edge and you always hear, "keep your eye on the ball," but Dr. Eger asks what good is that if the visual information is incorrect? Visual fatigue inhibits this ability and the Accomotrac can train you to see "easy" as opposed to seeing "hard". Just as coaches train athletes' large muscles the optometrist trains small muscles in the eye to improve performance through biofeedback.

The device is a high technology electronic instrument used by the doctor to teach the patient by sight and sound how to voluntarily control the focusing muscle.

The patient looks into the

instrument and hears a sound informing them when the ciliary muscle is properly focused. This method of biofeedback is a natural process whereby you can learn to control a bodily process that you're not normally aware of. Through biofeedback, you can alter your heart rate, blood pressure, temperature, as well as the focusing muscle of the eye.

Here's how it works: the patient sits in a dark room (in order to eliminate visual distractions) and looks into the instrument. It emits a harmless infra-red light into the eye and the focusing status of the eye is measured 40 times per second. Measurements are converted into sound signals which occur instantly after each focusing measurement.

The patient then learns by biofeedback how to voluntarily control the focusing muscle. It is a retraining program for learning to see clearly without the use of glasses. The training is augmented with a series of training exercises for the patient to perform which enhances the treatments and makes them last over a

period of time. The number and frequency of treatments is variable depending on the degree of the focusing problem and the patient's motivation.

Sports vision therapy is very popular on both coasts as it helps the athlete move correctly and smoothly, know where they are in the space around them, increases ease of flexibility and speed of fixation (near to far), gives wider peripheral awareness, and when shooting a ball, the athlete totally understands how far away the object is.

The therapy also reduces stress and promotes self wellness, the idea of getting better before you get sick. It not only improves your sight, (what you see on the eye chart) but improves your vision, (the knowledge you gain from what you see).

For more information contact Dr. Eger at one of his offices at 6475 So. Rural Rd. (Rural and Guadalupe) 839-0314 or 1106 W. University, suite #1 in Mesa 964-6672.

We have the only Accomotrac in AZ. Barry Bonds, as a Pittsburgh Pirate, used it to improve focusing ability. GOLF World

SENIOR PGA TOUR

THE EYES HAVE IT: Chi Chi Rodriguez was somewhat less than delighted with his putting Sunday in the JTE West Classic, but he made birdie putts when he needed them most, three in the last six holes. His nerves weren't always so solid.

"I was a real good putter when I joined the tour," said Rodriguez. "A magazine once gave me \$50 to write an article about putting. All I knew was there was a hole and the ball was supposed to go in it. Once I started analyzing

what I was doing my nerves went real bad. So that \$50 cost me a lot of money."

Rodriguez thinks one reason he's a good putter again is because his eyesight is so good, better than ever, in fact. He said it has improved from 20-20 to 20-15.

"The eyes control the nervous system," Rodriguez maintained. "That's why you never see a blind man who is nervous because they can't use their eyes."

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Thursday, September 16, 1993

GOLF

WOMEN

AREA STATE OPTICS PLAY
 1. Linda Kelly, One O
 2. Mary Jo, One O
 3. Mary Jo, One O
 4. Mary Jo, One O
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Feel your game by seeing more efficiently. Not over analyzing your game. SEE #1 FELT the Big Picture. Easy