



## 8<sup>TH</sup> INTERNATIONAL CONGRESS OF BEHAVIOURAL OPTOMETRY

<b>Speaker:</b>	Steve Gallop
<b>Credentials:</b>	OEPP
<b>Time/Date Scheduled:</b>	1100 – 1230 on Sunday, 29 April 2018
<b>Location:</b>	Room C2.4
<b>Biography:</b>	<p>Steve Gallop, OD has had extensive experience with vision therapy, first as an adult patient, then a vision therapist and now as an optometrist/therapist. His published titles include "The Tao of Vision Training," "Compensating &amp; Therapeutic Lenses: Passive vs. Dynamic Prescribing" and "Reconfiguring Lens Power for Improved Function." He has been a regular contributor to the Journal of Behavioral Optometry and now the Journal of Optometry &amp; Visual Performance. Dr. Gallop graduated from the Pennsylvania College of Optometry in 1989, and received his Fellowship from the College of Optometrists in Vision Development in 1993. He continues to devote considerable time to continuing educational pursuits via regional, national and international conferences, as well as the coursework of the Binocular Vision Project, originally begun by Dr. Bruce Wolff. Dr. Gallop speaks to optometric and non-optometric audiences and was the Keynote speaker at the European Kraskin Invitational Skeffington Symposium on Vision in Denmark in 2014 and 2015, where he presented several papers, including "Adventures In Lenses: Astigmatism...with a Twist" and "The Importance of Posture and Movement in Visual Development." Dr. Gallop's book, "Looking Differently at Nearsightedness and Myopia: The Visual Process and The Myth of 20/20" was published in 2001. "A Parent Guide to Strabismus, Eye Muscle Surgery and Vision Therapy" was published in 2014. Dr. Gallop maintains a private practice near Philadelphia, Pennsylvania. The practice focuses on visual development and a creative approach to prescribing lenses for people of all ages.</p>

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<b>Presentation Title:</b>	<b>Adventures In Lenses: A Philosophy Of Prescribing</b>
<b>Abstract:</b>	<p>The sole purpose of most lens prescriptions is compensation. Most commonly for improved visual acuity, but also for ocular alignment. Both of these are obviously worthwhile pursuits. There are numerous concepts that are considered fundamental to achieving these goals. We listen to complaints, make observations, take measurements, ask for subjective agreement, and then write a prescription. These basic concepts are assumptions based on many doctors' experiences with countless patients</p>

over many years. These approaches work well as far as they are typically intended, although I would take issue with even this very basic premise. Compensating lenses often cause more problems than they solve, and these problems typically get ignored, go unrecognized and/or are left to worsen. Even the most basic and common condition requiring compensating lenses - nearsightedness - consistently results in a worsening of the condition as a result of accepting the treatment. This is in part because typical lens prescriptions do little if anything to address the underlying issues at the root of the problem compensating lenses are meant to address. We can do much more with lenses, even when the primary concern is compensation. There are simple concepts with which we can begin to change the narrative and the way people make use of their lenses. We can do more than simply compensate for symptoms such as nearsightedness, farsightedness and astigmatism. These are, after all, rarely anything more than signs of functional/developmental deficits in the visual process, and not the primary issue. A more thoughtful philosophy of prescribing and a more strategic use of lenses can greatly enhance comfort, performance and development of the visual process.