

An athlete's vision is vital. With the expertise of a licensed optometrist, our Training HAUS Vision Performance Program is designed to increase vision speed, accuracy, and reaction time, while decreasing risk of injury. The result is faster processing and improved all-around performance – an undeniable competitive advantage.

EYE EXAM

The first step is a review of eye exam records. If the athlete has not had an eye exam in the last 12 months, it will be recommended prior to starting the program. This ensures the visual system is fully healthy and ready to be trained.

TESTING

During the initial visit the performance vision team will obtain baseline measurements and identify strengths and weaknesses.

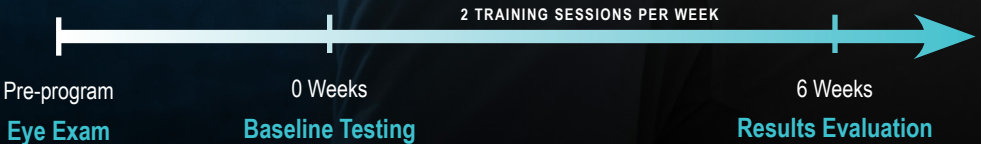
Senaptec Sensory Station: Training HAUS utilizes a cutting edge vision performance system designed to assess visual and sensory performance. Analysis of the data will guide targeted treatment approaches.

- State-of-the-art device utilized during training and pre- and post-testing
- Used to measure progress
- Compares athlete's results to others internationally by age, sport, and position

TRAINING

Each athlete will complete performance vision training sessions at The HAUS as well as prescribed home training exercises to supplement the training sessions.

- Program includes 2 sessions per week for 6 weeks
- Each session is 60 minutes in duration
- Sessions are designed to target 3 primary training areas: Visual Sensory, Visual Efficiency, Visual Motor Integration
- If needed, recommendations for athletic eyewear will be offered



LOCATION

Training HAUS | Viking Lakes
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CONTACT & SCHEDULING

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