Syntonic Phototherapy

Syntonic Phototherapy is the optometric application of selected broadband wavelengths of visible light through the eyes, stimulating the visual (seeing) and non-visual (non-seeing) pathways of the brain. The non-seeing pathways (subcortical) provide the light effects on the autonomic nervous system which supports all visual functions.

Syntonic Phototherapy is a clinical method to address visual dysfunctions including eye movements, strabismus (eye turns), amblyopia (lazy eye), focusing and convergence problems, visual related learning disorders, and visual deficits secondary to stress and trauma. Syntonic Phototherapy has been shown to be a critical tool in neurorehabilitation.

Syntonic Phototherapy is a specialty managed by an optometrist who has completed the primary Syntonic Phototherapy course given by the College of Syntonic Optometry. The College was established in 1933 to foster education and research related to the therapeutic application of light and color to the visual system.

During Syntonic Phototherapy, a patient is directed to view a specific wavelength range of visible light created by optical filters for a specified amount of time. The treatment period may vary from weeks to months depending on the severity of the case and patient compliance.

Patients who may benefit from Syntonic Phototherapy often present with one or more of the following symptoms: headaches, tunnel vision, light sensitivity, blurred vision, double vision, imbalance/dizziness, losing place while reading, attention deficit, poor sports performance, discomfort while driving, brain fog, delays in academic performance, coordination and integration challenges, and difficulty with spatial awareness.

Research indicates up to eighty percent of all sensory information received by the brain is visual and every lobe of the cortex has visual input. Therefore, most learning occurs by way of the visual system. Inefficient visual function can adversely affect many aspects of one's life, including academic achievement, athletic performance, proficiency at work, spatial judgement and other activities of daily living.

Syntonic Phototherapy may be today's most advanced clinical applications in light therapy.

For more information about Syntonic Phototherapy, please visit www.csovision.org.

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