



**ON WITH LIFE**  
BRAIN INJURY + STROKE + NEURO

Post-COVID

SMALL STEPS. GIANT STRIDES.

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Post COVID-19

Objective:  
Name 1-2 areas to investigate when working with a person-served with Post-COVID.

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COVID – What was expected

- COVID-19 is a respiratory virus.
- The person would need Pulmonary Rehab and planning and pacing strategies for fatigue.
- People would need therapy after being in the hospital.

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### Post-COVID – Then what was expected

- Brain Fog
- People who had never been to the hospital
- Fatigue
- Vestibular dysfunction

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### Post-COVID – Then what was noted

- Vision deficits
- Photosensitivity
- Headaches
- Eye strain
- Oculomotor dysfunction
- Cornea issues
- Retinal issues
  - "Cotton Wool" Spots
  - Eye Stroke
  - Retinal Vein Occlusion
  - Retinal Hemorrhage

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### Post-COVID – What can you do?

- Vision screening
  - Oculomotor screen
  - Convergence, saccades, pursuits
  - Developmental Eye Movement Test
- Treatment
  - 20/20/20 Rule/Pacing
  - Eye cupping
  - Oculomotor Exercises
- Referral to Neuro-Optometry

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## References

Eye Disorders in the Post-COVID Era

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Published online 2021 Oct 25. doi: [10.18502/jovr.v16i4.9740](https://doi.org/10.18502/jovr.v16i4.9740)

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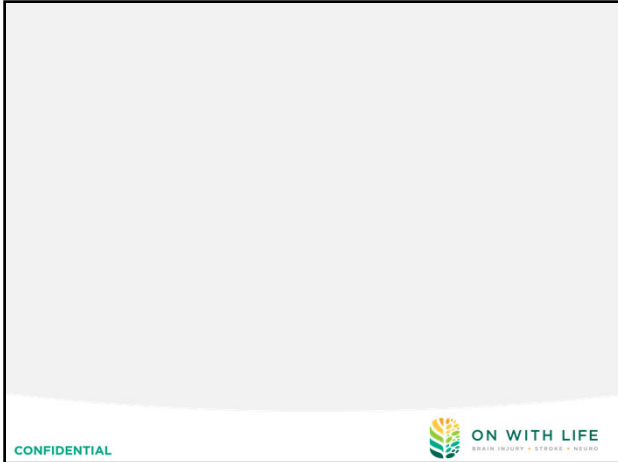
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