Rachael Angstadt – How I Got My Life Back After a Car Accident with Vision Therapy Transcript

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Rachel's Injury and Vision Problems

and the more research that I did, it was pretty clear that this is where people go to get better. Hi, my name is Rachel Einstadt. I'm from Alexandria, Virginia.

i'm 38 years old and an occupational therapist. I had been in a car accident in the fall of 2022 and ended up with a head and a neck injury and didn't realize how many of my symptoms were related to visual problems.

Knew things weren't right, but I didn t know how bad they were. until I went to vision first, and then I had the evaluation.

Life Disrupted by Visual Symptoms

I was pretty much non-functional at this point, where I couldn't look at a computer screen and look down at the keyboard, then look back up at that computer without having a raging headache.

And I also didn't trust myself to be able to get up and walk across the room and sit down accurately in the chair without missing the chairs. At that point I'd already lost my job and I pretty fearful of losing my entire livelihood.

my independence, I did end up going to an optometrist. They actually said that I didn't need any form of vision therapy because my eyes worked well enough together and they did recommend prism glasses.

I ended up graduating out of them pretty fast because I still wasn't functional. i'm still working with my vision first. My visual tolerance and stamina was very terrible.

Vision Therapy and Recovery

my Eyes could only function for a short time period before my brain would just shut down and I would have to lay down, close my It would be a stretch for me to be able to prepare a meal, cook a me all and by that time my eyes are pretty much done and I wouldn't be even clean up the meal but now.

going through vision therapy, I can tolerate so much more. So like I could look at water where before if I looked at the water I was so nauseated. I wanted to throw up then and there and the whole world moved.

Like I couldn't look out my windows because the leaves on the trees shook and shadows with the sunshine irritated me so that I just couldn t look there.

Now I can drive to the salsa dance lesson, have that lesson and then safely drive back home.

Advice to Get Evaluated

Like if you're not trusting your depth perception or you are missing something or see something out of the corner of your eye, that's not normal. And I was taking like six naps a day and that is not functional.

You can't make it through life like that. If your eyes feel dry or if they hurt, it's normal and so all these things that we might tell ourselves, no no it is okay.

It will be fine. Now, none of that stuff is normal. Just go get the evaluation because a lot of times this stuff can be remedied and rehabbed through and then you have a way better quality of life.