









Symptoms	Functional problem	Management	Neuro-optometric intervention
Headaches	Interferes with concentration	Diet Exercise Hydration Natural Calm magnesium Melatonin Rest breaks Sleeping appropriately	Change rx (slightly plus) BNO Micro prism (Majority BI) Syntonics PEMF Cranio-sacral (OT) BrainTap
Dizzy/Balance problem 	Unsteadiness with walking	Class transition prior to bell Elevator pass	Visualization VOR BNO Spot patch Vibrating insoles Vibration therapy Cranio-sacral Habituation exercise—lying down Sitting Standing—alternating head positions Compression Proprioception BrainTap
Sleep disturbance 	Decreased arousal, shifted sleep schedule	Later start time Shortened day Melatonin Natural Calm magnesium Diet/exercise	Syntonics PEMF Cranio-sacral BrainTap
Fatigue 	Decrease arousal/activation to engage basic attention, working memory	Diet Exercise Hydration Natural Calm magnesium Melatonin Rest breaks during classes homework, exam	Change rx (slightly plus) BNO Micro prism (Majority BI) Cranio-sacral (OT) Syntonics PEMF BrainTap
Light/noise sensitivity 	Symptoms worsen in bright and loud environments	Wear sunglasses Seating away from bright light Avoid noisy crowded environments	Tints Polarization AR coatings Micro prism BI Low plus Dynamic exercises—Go-No-GO Eye hand exercises—Dynavision SVI Senaptec BrainTap

			
Symptoms	Functional problem	Management	Neuro-optometric intervention
Anxiety 	Can interfere with concentration, student may push through symptoms to avoid falling behind	Reassurance from teachers and team about accommodations Workload reduction Alternate forms of testing Natural Calm magnesium	Multisystems therapy Syntonics Prism Low plus Tint Have them consult PCP for counseling BrainTap
Depression/ withdrawal 	Withdrawal from school and friends due to stigma and activity restrictions	Time built in for socialization	Check for underlying unresolved vestibular and ambient system problem BNO Spot patch Planning and pacing BrainTap
Symptom sensitivity 	Symptoms worsen with over-activity, resulting in any of the above problems	Reduce cognitive or physical demands below symptom threshold Provide rest breaks Complete work in small increments until symptom threshold	Syntonics Multisystems therapy Planning and pacing BrainTap

Other:

Tone Pacer App with vibrating headphones

- Vestibular
- Vision
- Balance

Pain Killer App

- Migraines
- Headaches

Compression = Kinesiology tape