

## When To Use Glasses

### Description

See Also:

- [Planning Activities](#)
- [Approaching Therapy](#)

In general, clients should always wear corrective eye wear for activities unless otherwise specified. At times, special lenses may be required, or other equipment. If nothing is specified, assume the general prescription recommended by your optometrist.

Contrary to urban myth, glasses do not weaken the eyes or cause them to adapt to something unnatural. Glasses act to make vision more fluid and comfortable, like tread on tires act to keep grip on the road. What people feel when they remove glasses is the increase in strain caused by removing the benefit of the lenses and making them struggle with their natural vision. When you use tires with poor grip, you learn to appreciate the tires with good tread.

### Category

1. Uncategorized

### Tags

1. glasses
2. when

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