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## **Why People with Concussions Benefit from PATH to Insight**

When you suffer a concussion or Traumatic Brain Injury (TBI), it slows down your brain's timing, causing multitasking, remembering and directing attention to be impaired. PATH to Insight (PATH) works with the brain's neurons to reverse the damage caused from TBIs.

### **What is the underlying problem?**

Research has found that the effects of a TBI reflect disruptions of the neural networks in the brain. This causes difficulty with attention and working memory. After suffering a TBI, patients have longer reaction times, are more distractible, and experience difficulty in sustaining attention. What this means is that the motion ('where') and pattern ('what') pathways of the brain are not working together.

### **How does PATH neurotraining improve vision and cognitive skills?**

PATH training improves the brain's neurons to work together more efficiently and quickly detect motion. Studies have shown that people who do PATH training after suffering from a concussion improve their processing speed, attention, multitasking, problem solving, and working memory.

### **Research has proven that PATH neurotraining:**

- 1) changes the visual timing in the brain;
- 2) improves cognitive skills at any age; and
- 3) improves cognitive flexibility, processing speed, multitasking, attention, and short-term and long-term memory.

### **What is PATH?**

PATH is a computer program that takes 10-15 minutes three times a week for 12 weeks. After every session of PATH, you will follow it with a simple task like reading. To see a demo and view how to do the PATH training program and how it works, Go To: <https://pathreading.com/research-demos/>.

### **Memory, Attention, and Processing Speed Improved Significantly**

Standardized tests found that PATH training significantly improved each TBI patient's cognitive skills, aged 15 to 68 years old. All results showed significant improvements.

- Working memory, both visual and auditory: 25% to 76%.
- Attention: 32% to 65%.
- Processing Speed: 29% to 56%.
- Reading speed: 128 to 534 words/minute.

Optometrists have found that PATH training has improved these skills in over 100 patients.

### **Who Has PATH Helped – from the voices of TBI patients**

1. “Gavin was diagnosed with Post Concussion Syndrome following his accident and was having issues dealing with various things such as aggression, memory and being able to focus. I have seen a significant difference in Gavin's behavior, memory and focus. I feel that this program has impacted Gavin's recovery significantly, as he feels as well. Now he is able to focus and multitask more effectively, no longer being frustrated, being much more in control. Gavin's improvements have accelerated significantly in many areas and I believe it can only be attributed to completing the PATH neurotraining. “(Letter from mother of Gavin, Connie Goff, San Diego, CA)
2. “After using PATH neurotraining each morning for 6 weeks, I recovered from a severe concussion when my car was totaled, improving over 10-fold in my thinking skills. I noticed that multi-tasking, focusing attention, working memory, processing speed, and sequential processing only improved as a result of using PATH neurotraining.” (Tim Tanney, Fresno, CA)
3. “After an accident that totaled my car, I had a concussion causing my memory to be reduced to 50%, attention: 55%, and processing speed: 37%. After 8 weeks of PATH training, memory improved to 99%, attention: 96%, and processing speed: 95%.” (Dr. Teri Lawton, Encinitas, CA)
4. “Only PATH neurotraining caused me to improve in cognitive speed, attentiveness, and short-term memory after a severe concussion and stroke. PATH neurotraining is a program that works and should be used by others with concussions.” (Billy Ethridge, Encinitas, CA)

### **Where can I find more information?**

Online at: [pathtoinsight.com](http://pathtoinsight.com)

#### **Publications:**

Lawton, T. and Huang, M.X. (2019) Dynamic Cognitive Remediation for a Traumatic Brain Injury (TBI) Significantly Improves Attention, Working Memory, Processing Speed, and Reading Fluency, *Restorative Neurology and Neuroscience*, 37, 71–86. DOI 10.3233/RNN-180856

Lawton, T. and Stephey, D. (2009) “Training direction discrimination improves usable field of view, short term memory, and navigation in older adults”, *Optometry and Vision Development*, 40:2, 82-93.

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