

# **Squash**

Squash ball injuries are serious. A squash ball fits very well into an eye socket and when traveling at speed can cause untold damage. Most squash ball injuries result in loss of some vision and can result in permanent loss of the eye. Firstly you spend 2 weeks in hospital flat on your back with the local ophthalmologist checking your eye every 5 hours for the first 2 days to ascertain whether or not removal of the eye would be necessary.

## **Do you wear adequate eye protection?**

Buck & Todd Optometrists have on display a range of suitable protective eyewear to be worn with ball sports such as squash. Polycarbonate prescription lenses are now available; these thin light weight highly impact resistant lenses are ideal for squash.

Your current spectacles will give some protection but squash goggles would be better. Contact lenses offer no protection to a high velocity projectile such as a squash ball.

## **Why be lucky when a few precautions guarantee healthy vision?**