**Research & Resources**

**Vision Therapy for Basic Exotropia in Adults: 2 Case Studies**—“Conflicting opinions still exist regarding prescribing any treatment for adult strabismus, including surgical realignment and optometric vision therapy...Adult patients with moderate-size intermittent exotropia of the basic type who presented with asthenopia, headaches, and/or diplopia...Both patients became phoric for all distances...Optometric VT eliminated the patients' symptoms of asthenopia and diplopia without the need for surgery.” Peddle A, Han E, Steiner A, Optometry 2011;82:467-474.

**Accommodation in Mild Traumatic Brain Injury**—“Accommodative dysfunction may be especially prevalent in the mTBI population...Symptoms of accommodative deficit, such as blur, intermittent diplopia, and near work asthenopia, could negatively affect reading ability (a primary problem in mTBI)...Fortunately, these accommodative dysfunctions can be successfully remediated...with relatively simple optometric vision therapy paradigms...and/or the prescription of low-powered plus lenses for near work.” Green W, Ciuffreda KJ, Thiggarajan P, Szymanowicz D, Ludlam DP, Kapoor N, Journal of Rehabiliative Research and Development 2010;47:183-210.

**A Case of Convergence Insufficiency**

Avina, 9, got headaches with reading. A bright girl and an excellent student, she described her visual symptoms more vividly than many children. Most kids with CI don't mention blurry or double vision...perhaps because there is no reference point. They might skip lines or words in text, take hours to complete homework, or avoid reading. Avina, however, described how words would “break apart” and that she would “look up” or “shake her head” to regain proper vision. She was referred by Dr. G William Orren III for convergence insufficiency with symptoms of “headaches and words that overlap.” Avina wore glasses for mild myopia and had no health problems.

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<td>NBI -10/8</td>
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Headaches and diplopia resolved during the course of vision therapy. Avina’s comments are on the back of this sheet.

**History Taking Tips for the School-Age Child**

“A comprehensive history is crucial to the understanding of the child's problem.” —Scheiman & Wick, the standard PCO textbook Clinical Management of Binocular Vision, 3rd Ed. When time is limited, what questions are helpful in identifying vision problems that may impact schoolwork?

▷ **How is Danny doing in reading? Is he on-level, below-level, or above-level?**
If the second part of the question is omitted, some parents may say “OK” and fail to mention the child’s Title I reading support and long-standing struggle with reading. The question could be presented in many ways, of course.)

▷ **Are there any headaches?** (in the afternoon, with reading, around the forehead?)

▷ **Does Danny lean unusually close to books? Squint? Rub eyes? Blink excessively?**

▷ **Visual Symptoms Associated with Reading—Scheiman & Wick:**

Sleepiness with reading; omits small words; frequent loss of place; omits whole lines of text or rereads same line; uses finger to maintain place; avoidance of reading; movement of print; difficulty concentrating on reading material

Dr. Marcus Myers
Vision Therapy & Vision Rehabilitation

SUCCESS STORY

What changes have you noticed since beginning vision therapy? Use reverse if needed.

(Alina) Her headaches are gone. She doesn't have any double vision. As a result, she's able to enjoy reading (her favorite hobby) for longer periods without headaches.

Have your goals been met? Yes
Please comment: ____________________________

Would you recommend this service to others? Yes
Comments: Dr. Myers is really good at what he's doing. The staff is fantastic. Alina is always looking forward to see them.

May we give your name to prospective patients? Some patients may wish to speak with someone who has had similar experiences/conditions. Yes No
If yes, the best time to call me is between 10am and 2pm at (678) 374-7733.

What changes have you noticed since beginning vision therapy? I am able to read for a longer time, I don't get headaches anymore, no more double vision, and I'm able to focus a lot easier.

Have your goals been met? Yes!!
Please comment: My goal was to not see double vision and to not get really bad headaches by the end of therapy.

Would you recommend this service to others? Yes
Comments: The therapists there are funny, very kind, and are always ready to work with you. You will always remember them! If so