Power of Lenses – what is right?

Thorkild Rasmussen

Areas I address in my practice,

- Lenses

- Vision Therapy, Sense Integration & Reflex Integration.
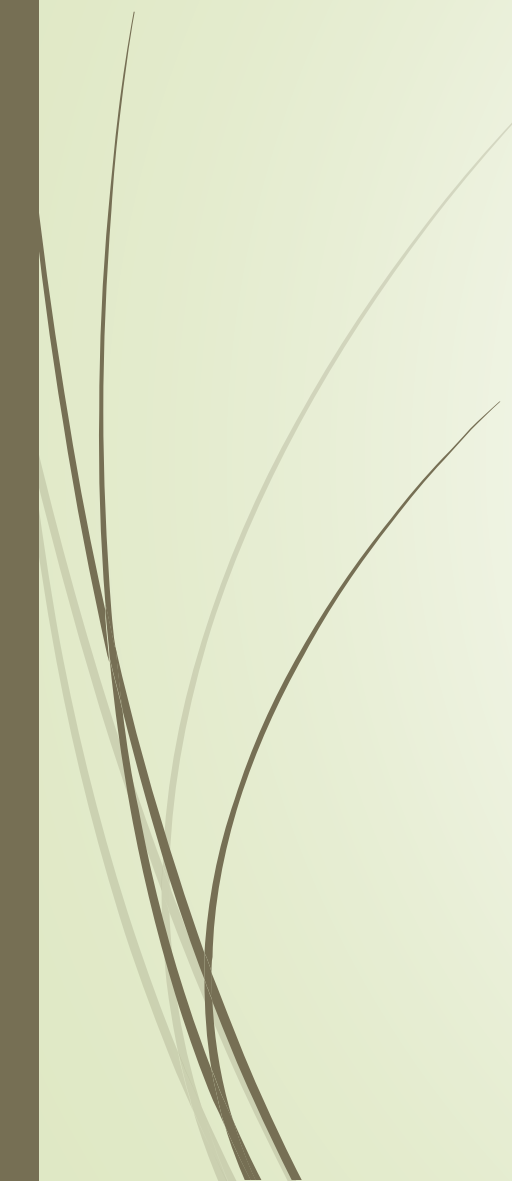
- Nutrition and Life Style.

What is the purpose of Lenses?

- Compensatory,
- Modified compensatory.

- Therapeutic.
- Therapeutic, partly compensatory.

Therapeutic Lenses

- Purpose to change visual behavior.

- Optimal Rx for near.
- Equal Lens Power.
- Spherical.
- Single Vision Lenses or segment Bifocal.

Therapeutic Rx.,
38 years

Just Look: +0.50

#7:

+2.00 =-0.50 X 90

+1.50

#7A:

+1.25 wc 20/20

+0.75   20/20

#20: -1.50

#21: +2.75   (on 0.00 ou)

Habituel : No

VTRX: +0.75 ou (Therapeutic)

Therapeutical Lenses, partly compensatory.

- Purpose to change visual behavior, with the least possible compensation.

- Optimal for near.
- Minimized cylinder compensation.
- Avoiding oblique axes where possible. As close to 90 or 180 as possible.
- Minimized compensation for anisometropia.
- Lens Power as equal as possible.
- Single Vision or segment Bifocal.

Therapeutic Rx., partly compensatory. 58 years

Just Look: +7.00

#7:

+6.25= -0.75 x 180

+6.25= -0.50 x 180

#7A

+5.50 wc   20/20+

+5.50 wc,   20/20+

#20: +1.00

#21: +2.75 (on +6.25)

Habituel:

+6.00 =-0.50 x 125, 4.0 prism 0

+6.00   4.0 prism 180

Progressive, addition +2.00

Distance, Modified Compensatory:

+5.50 ou

Near, Therapeutic Partly Compensatory:

+7.00 ou

Compensatory Lenses.

- Purpose to compensate for refractive anomalies.

- Often prescribed just on best Visual Acuity.
- Often prescribed as Progressive Lenses.

- Do often affect posture negatively.
- Do often challenge Binocular functions.

Why not full Compensatory

- Different size and prism effect, affect fusion more that blur in one eye!

- Aniseikonia.

- Dynamic aniseikonia.

- Especially oblique astigmatism!

- Progressive Lenses?

- Anisometropia and astigmatism is often natural adaptation to poor fixation!

Modified Compensatory Lenses

- Purpose to compensate for refractive anomalies, with the least adverse effect on binocular function and posture.

- Prescribed mainly on Visual Acuity.

- Reduced compensation of spherical, cylinder and anisometropia if possible to reduce different size and prism effect.

- Keep cylinder axis vertical or horizontal – or as close to it as possible.

Therapeutic Rx.
66 years

Just Look: +1.00 (osin, odex dull)

#7A:

+1.25= -2.00 x 180, 20/50

+0.50= -2.50 x 180, 20/30

7 – 8 Right Hypertropia

Best near in trail frame:

+2.50 = -2.00 x 180

(with 5 prism vertical)

Habituel:

Don't wear glasses for distance!

+3.25 = -3.00 x 50

+4.50 = -4.00 x 10

Distance, Modified Compensatory:

+0.50 = -2.00 x 180, 2,5 prism 270

+0.50 = -2.00 x 180, 2,5 prism 90

Near, Modified Compensatory:

+2.50, (cylinder and prism compensation as distance)

Therapeutic Rx.
26 years

Just Look: -6.50

#7:
-8.50
-8.25
#7A:
-8.75 , 20/20-
-8.50, 20/20

#20: 0.00
#21: +2.00 (on #7)

Habituel:
-9.00 ou, in Soft Contact Lenses.

Distance, Modified Compensatory:
Soft Contact Lenses: -8.00

Therapeutic Near: +0.75

Therapeutic Rx.
10 years Dyslexia

Just Look: +0.50

Habituel: 0.00

#7: +0.50 ou

Therapeutic: +0.50

#7A: 0.00 ou , 20/15 ou

#20: -6.50

#21: +2.25 (7a)

Therapeutic Rx.
36 year

Just Look: **0.00** (ORF Lenses -5.25)

#7:
+1.50
+1.00
#7A:
+0.75 , 20/20
+0.25 , 20/20

#20: **-1.50**
#21: **+2.25   (on 7A)**

Habituel: -5.25 ou (Soft Lenses)

VTRX: -4.25 ou (Soft Lenses)
For all use.

Therapeutic Rx.
9 years

Just Look: +2.25

Odex: bright , Osin: dull + movement.

#7/#7A:

+0.50, 20/20

+5.00, 20/12

#20: Run in minus

#21: +2.00   (With 7/7a)

Habituel:

+0.25

+4.00

Priscribtion from ophthalmologist:

0.00

+4.75 = -0.75 x 75

Modified Compensatory:

0.00

+3.50 (as Soft Contact Lens

Therapeutic near: +1.50

Therapeutic Rx.
31 years

Just Look: +1.00

Cylinder Movement cannot be neutralized spherical.

#7A:

+0.50= -3.25 x 100 , 20/25

0.00= -2.50 x 75 , 20/40

#20: +0.25

#21: +2.50 (on 7A)

Habituel:

+0.75 = -3.00 x 100

-0. 75 = -2.00 x 70

He don't use his glasses.

Therapeutic, modified compensation:

+0.75 = -3.00 x 100 (UF)

+0.25 = -2.50 x 80

He still don't use his glasses.