

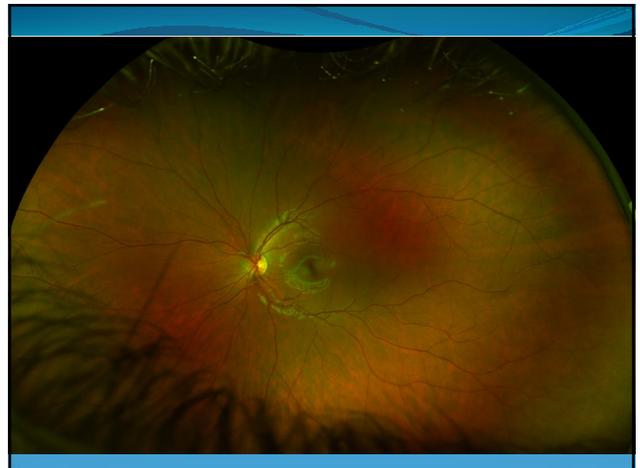
Vision Therapy Surprises

or
Why It Is Important To Always Have Your
Thinking Cap On

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DH – 15 yr old male

- Routine exam 8/29/2016 (first exam)
- No complaints
- Hx of anxiety - taking Lexapro
- MGM, MGGM glaucoma
- Sc VA OD 20/20 20/20
OS 20/20- 20/20
- Ret +0.50 sph OD, +0.25 sph OS
- Rfx Plano OU 20/20
- Fundus as in photos



- Diagnosis?
- Plan?

- Bear Track Hyperpigmentation
- Possible Gardner Syndrome
- Referred to pedi gastro at Childrens Hospital
- Endoscopy and colonoscopy negative
- Follow up in 10 yrs

AG – 15 yo female

- FVE 12/18/2015
- C/O loss of place/skipping words/lines reading, HA worse with reading/computer, eyes feel pulling behind them, sensitive to motion and head movement, blur at near, reversals of b/d, spelling problems
- Symptoms began after knee surgery May 2015 (but always found spelling difficult)
- Was speed reader before surgery
- Meds: Sudafed, Astellin, Flonase, Palgic, Zatidor prn
- Used to take nortriptyline for pain

AG – 15 yo female

- DVA sc 20/20 OD, OS, OU
- NVA 20/15 OD, OS, OU
- Ret +0.50 sph
+0.75 sph
- #7 +0.25 OU
- #7a Plano OU
- CT ortho, 8XP'
- Stereo 60 sec Randot circles
- MEM +1.00 OU
- Stress point = +0.75 sph OU

AG – 15 yo female

- 3 exo, iso
- > 40
- X/18/-4
- 10 exo, iso 7 exo thru +0.50 OU
- 14b +1.25 15b 7 exo
- 10/18/0
- 18/26/9
- -1.00
- +1.75

AG – 15 yo female

- DEM V - 34 sec (48th % for 13 yo)
H - 42 sec (27th % for 13 yo)
Errors = 0
H/V ratio 1.24 (16th % for 13 yo)
- CITT Symptoms = 42
- Dx - CI, OMD, accomm dysfunction
- Plan - VT2

AG – 15 yo female

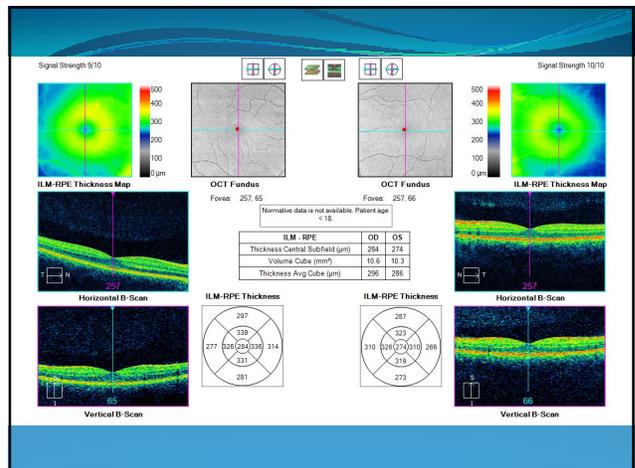
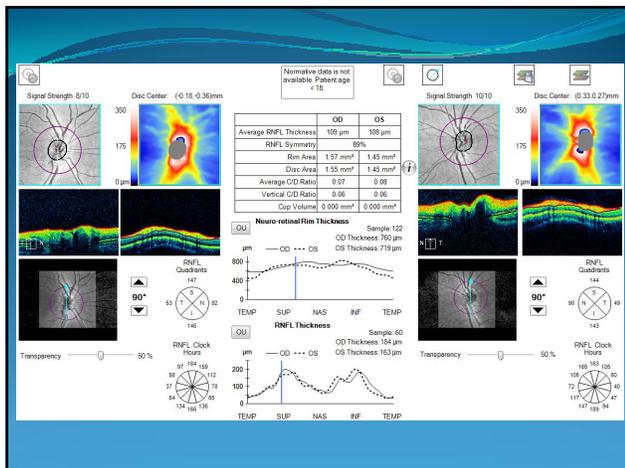
- Began VT 01/13/16
- 13 visits by 05/02/16
 many cancellations
 poor compliance
 still symptomatic
 CITT score still 42
- 5 additional visits by 06/20/16
 - Still motion sensitive
 - Tracking better
 - Still gets blurry and HAs

AG – 15 yo female

- PE 6/20/16
- Stereo 30 sec Random Dot
- NPC 3" with Red lens OD 4"/5"
- 3 exo
- X/21/7
- X/12/6
- 8 exo +0.50 = 12 exo
- +1.25 8 exo
- X/25/12
- X/26/11
- -2.25/+2.00

AG – 15 yo female

- Plan – continue with VT and Rx NVO
- Resumed VT 08/09/16
- Completed 8 additional visits by 10/21/16
- C/o eyes still harder to focus, still difficulty to read, still getting headaches, etc.
- Also wakes up with headaches



BE – 36 yr male 03/21/16

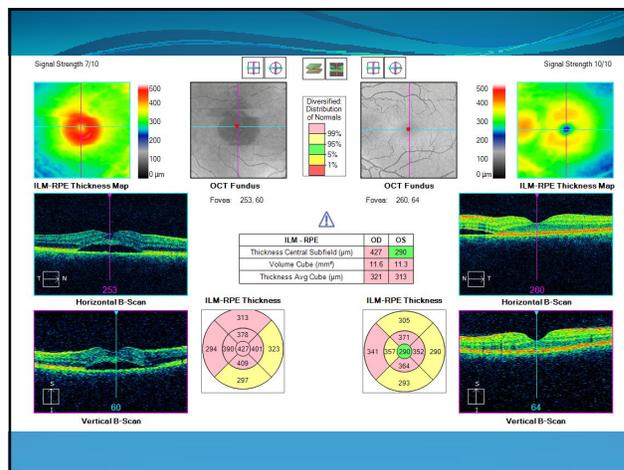
- In for eval for VT post strab surgery
- Longstanding ET, surgery as a young child
- Did some patching as well (? OD) – Dominant R eye
- C/O eye fatigue with use of eyes, like they are not working together and fighting each other, skips words and struggles with reading, HA, slow reader, and L eye seems brighter than R eye
- CITT score = 25
- LEE 2 mo ago, new glasses, symptoms persist

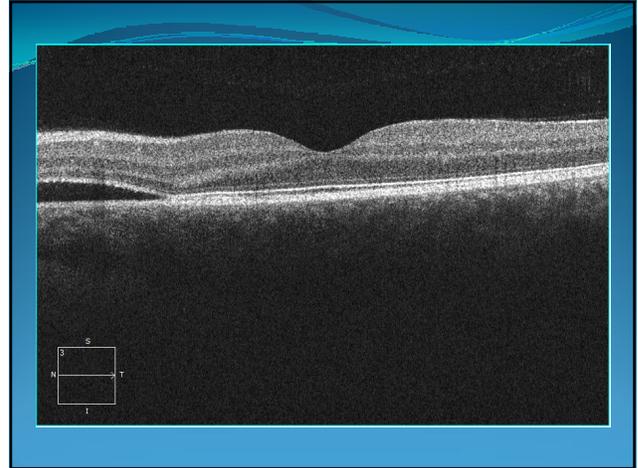
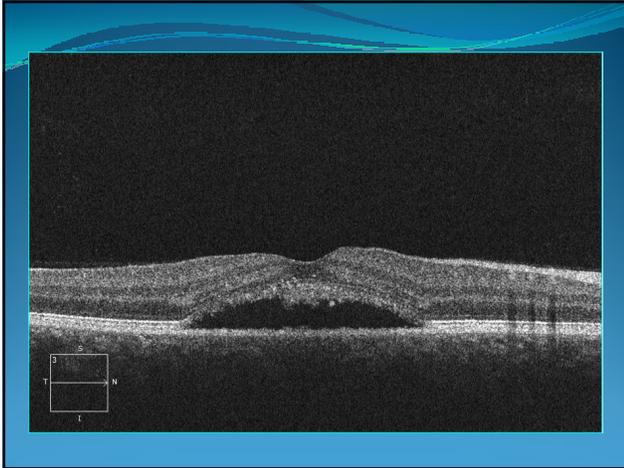
BE – 36 yr male

- cc VA 20/20 OD, OS, OU at D and N
- Rfx OD +1.00 -0.75 X 135
OS +0.75 -0.75 X 030
- Dist CT 8 – 10 Alt ET (85% LET)w/DVD
- Near CT 8 alt ET (mostly LET) w/DVD
- No stereo

BE – 36 yr male

- After 18 visits:
 - Fewer Has
 - Less pulling on eyes
 - Greater stamina for reading/computer
 - 200 sec stereo (Randot Animals – no Random Dot)
 - Wanted to stop VT for time and financial reasons
 - Still C/O L eye sees colors brighter than R eye
 - Best VA still 20/20 OD and OS
- WHAT WOULD YOU DO?



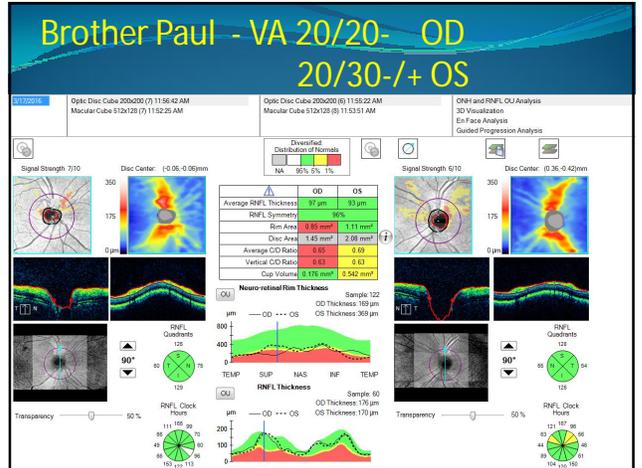
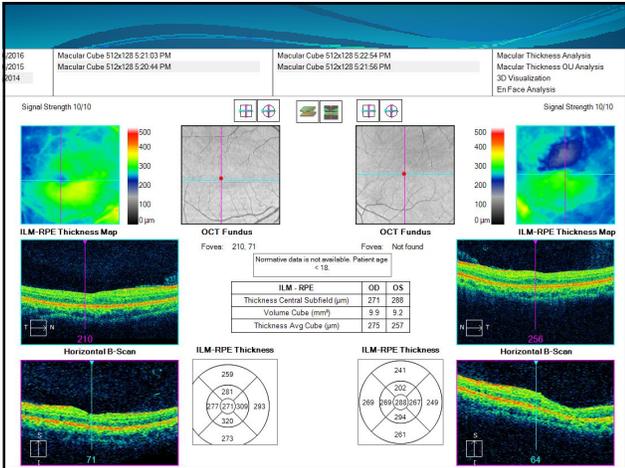


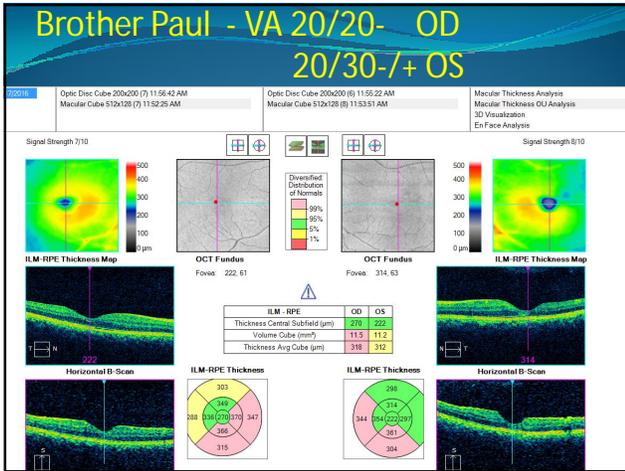
MB – 15 yo female 12/15/15

- In for annual exam
- LEE 04/04/2014
- C/O frontal HA's during school day, recent onset, skips words and lines when reading, was on an IEP for reading, good speller
- Uses readers sometimes for school work +0.50 sph OU, which help some
- sc VA 20/20 OD/OS/OU distance & near
- Rfx plano OU 20/20
- CT ortho. 4 – 6 XP'

MB – 15 yo female 12/15/15

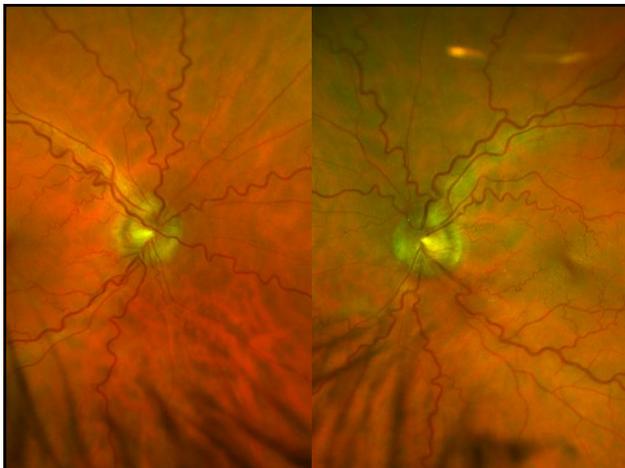
- NPC 1"/3" (5"/8" with red lens OD)
- Stereo 25 sec Randot circles
- Von Graeffe 6 exo @ D and N
- MEM +0.75 sph OD/OS
- Stress point +0.75 sph
- +1.50/-200
- Fundus:





Steve W – 55 w male

- C/O recent onset diplopia x 2 mo, side by side, intermittent
- LEE by OMD 1 mo ago – given Rx prism, not filled
- Wants 2nd opinion
- Best VA 20/20- OD and OS
- PERRL, D & C, no MG
- EOMs full ROM
- CT int LXT 15 PD @ D, 25 PD @ N



Melissa J 2/28/14



Conclusion

- Do not let what others have told you about a patient influence how you think about the case (do NOT come to closure based on others diagnosis)
- Each case has to make sense to YOU
- No one is in a better position to diagnose your PT other than YOU!!!
- Even OMDs miss disease
- When in doubt, order additional testing or refer