

**Kraskin Invitational  
Skeffington Symposium  
on Vision**

January 16-18, 2016

*Why I Don't Give Homework  
with Visual Training*

Steve Gallop, OD

**Kraskin Invitational  
Skeffington Symposium  
on Vision**

January 14-16, 2017

**Two Cases**

Steve Gallop, OD



**Kraskin Invitational  
Skeffington Symposium  
on Vision**

January 13-15, 2018

**Two Sisters**

Steve Gallop, OD

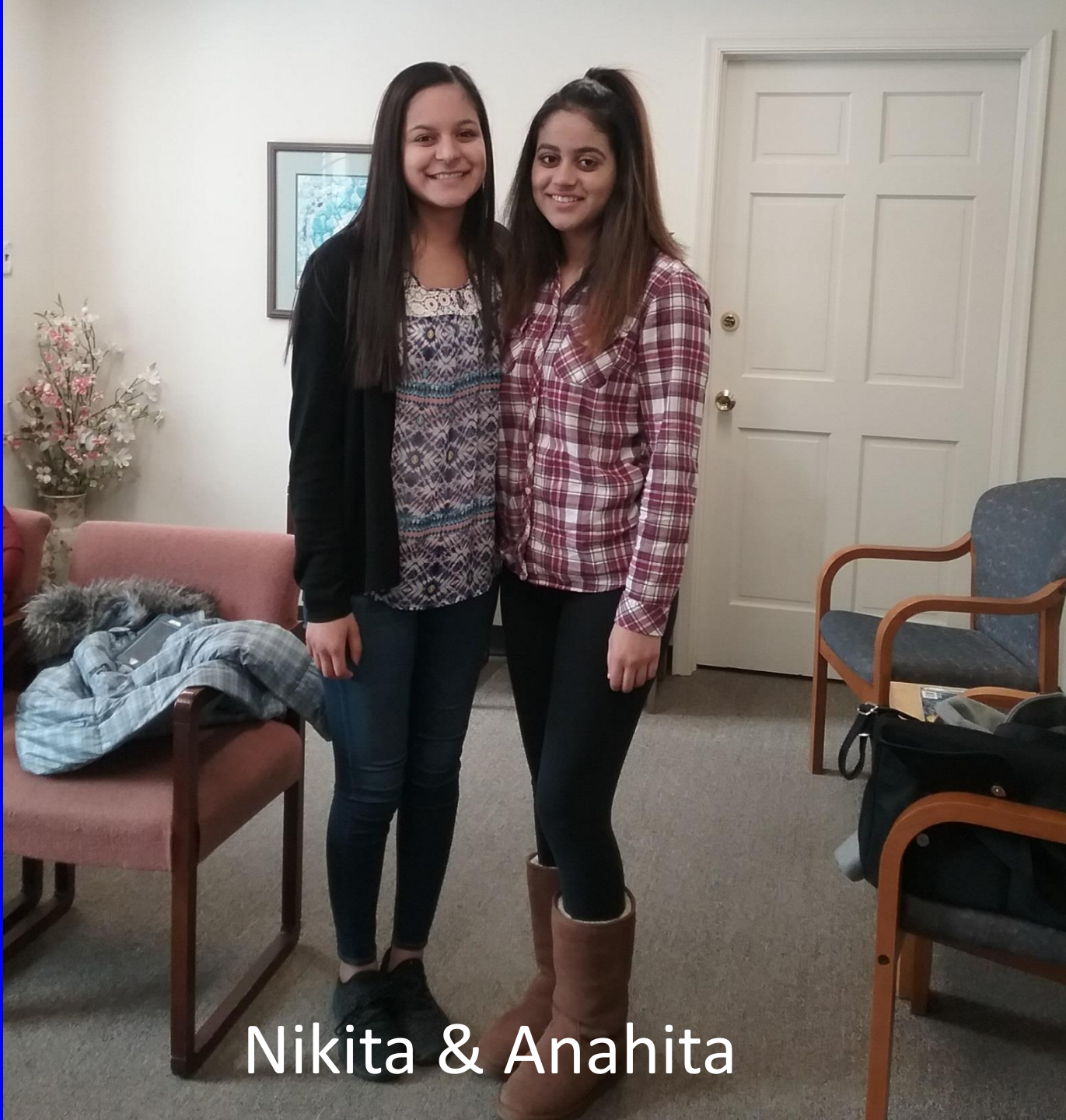


**Kraskin Invitational  
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**Two Sisters**

Steve Gallop, OD



Nikita & Anahita

# Anahita

Anahita, 8 ½ years old, reported no complaints whatsoever. Mom was interested in myopia control and a more thoughtful, hopeful approach to her younger daughter's vision care. Anahita couldn't have cared less.



June 20, 2011  
All testing done with PL

DVA: OU, OD, OS 20/200

NVA: OU, OD 20/30, OS 20/40 @ 16"

Stereo: (+) GF 250" 50" Randot

Pursuits: 75% (-) restrictions

Saccades: 80%;

Z-axis = fair/poor

NPC: TN

w/ Red Lens OD: variable A.I.S.

Maddox Rod (near):

MR OD Ortho / Ortho

MR OS 14 L Hyper / 30 XO

Cover Test: 30^ Alt XT w/ L Hyper

Prism Bar Ranges: Sup

## Retinoscopy:

Distance: OD -1.00 unsteady

OS -1.00 -1.50 x 180

Near: OD PL -1.00 x 180

OS PL -1.00 x 180

-1.00 20/70 OU

-1.50 20/50 OU

-2.00 20/30 OU

# Treatment Plan

Start VT and near (and probably distance) lenses ASAP.

# Nikita

Nikita, 12 years old, reported no complaints whatsoever. Mom liked what she saw with her younger daughter and wanted me to take a look at the older one. Nikita couldn't have cared less.

June 22, 2011  
All testing done with PL

DVA: OU, OD, 20/20- OS 20/80+2 unsteady

NVA: OU, OD, OS 20/20- @22"

Stereo: (+) GF 250" 70"Randot

Pursuits: 80% (-) restrictions, many glitches

Saccades: 90% not always crisp

Z-axis: N→F good-; F→N poor conv

NPC: 3/6 x 2 (-) dipl; OU out

w/ Red Lens OD: 2/4 3/4

Maddox Rod (near):

MR OD Ortho / 3 XO int cent'l sup

MR OS Ortho / int 1 XO int cent'l sup

Cover Test: N = int RXT; D = Ortho

Prism Bar Ranges:

D: BI x/14/8 BO x/18/12

N: BO x/20/12 BI x/12/8

## Retinoscopy:

Distance: OD +1.00 unsteady

OS PL -1.00 x 90

20/25 w/ -0.50

Near: OD +0.50 -0.50 x 180

OS -1.50 unsteady

SPR: 7-11" not crisp

10" w/ +0.50 crisp



# Treatment Plan

Start VT and near lenses ASAP.

6783

2091

57281

3674

Anahita after 6 months of VT  
All testing done with -3.00 CLs

DVA: OU, OD 20/25 OS 20/30

NVA: OU, OS, OD 20/20

Stereo: (+) GF 25" Randot (50")

Pursuits: 100% (75%)

Saccades: 100%; U-shoots (80%)

Z-axis = good- (fair/poor)

NPC: TN x 2 (+) dipl

w/ Red Lens OD: 2/5, 1/4 (variable A.I.S.)

Maddox Rod (near):

MR OD Ortho / ESO/XO (ortho)

MR OS Ortho / ½ ESO (14 hyper/30 XO)

Cover Test: 18^ Alt XT (30^ w/ L Hyper)

Prism Bar Ranges:

D: BI 10/6 BO 10/30/20 (sup)

N: BO x/40/16 BI x/5/4 (sup)

## Retinoscopy:

Distance: OD +1.00 unsteady (-1.00 unsteady)

OS +0.75 unsteady (-1.00 -1.50 x 180)

Near: OD +0.50 unsteady (PL -1.00 x 180)

OS +0.50 unsteady (PL -1.00 x 180)

SPR: 10-12" (N/a)

8" w/ +0.50



Nikita after 6 months of VT  
All testing done with PL

DVA: OU, OD 20/20, OS 20/40+ slow to clear  
(20/80+2 unsteady)

NVA: OU, OD, OS 20/16 @ 20"

**Stereo:** 30" Randot (70")

Pursuits: 100% some head mvt (80%, many glitches)

Saccades: 100% some head mvt (90% not crisp)

Z-axis: Mult adj OU (N→F good-; F→N poor conv)

NPC: 1/2 x 2 (3/6 x 2 (-) dipl; OU out)

w/ Red Lens OD: 1/3 x 2

Maddox Rod (near):

MR OD Ortho / 2-3 XO (3 XO int cent'l sup)

MR OS Ortho / 1 ESO (int 1 XO int cent'l sup)

Prism Bar Ranges:

D: BI x/6/4 BO x/14/12 (x/14/8 BO x/18/12)

N: BO x/20/17 BI x/6/4 (x/20/12 BI x/12/8)

## Retinoscopy:

Distance: OD +1.00 (+1.00 unsteady)

OS -0.50 unsteady (PL -1.00 x 90)

Near: OD +0.50 -0.50 x variable (+0.50 -0.50 x 180)

OS -1.00 (-1.50 unsteady)

SPR: 8-10" crisp (7-11" not crisp)

10" w/ +0.50 better balance (10" w/ +0.50 crisp)

The journey of 1000 miles\* begins with a single step

*Lao Tzu*



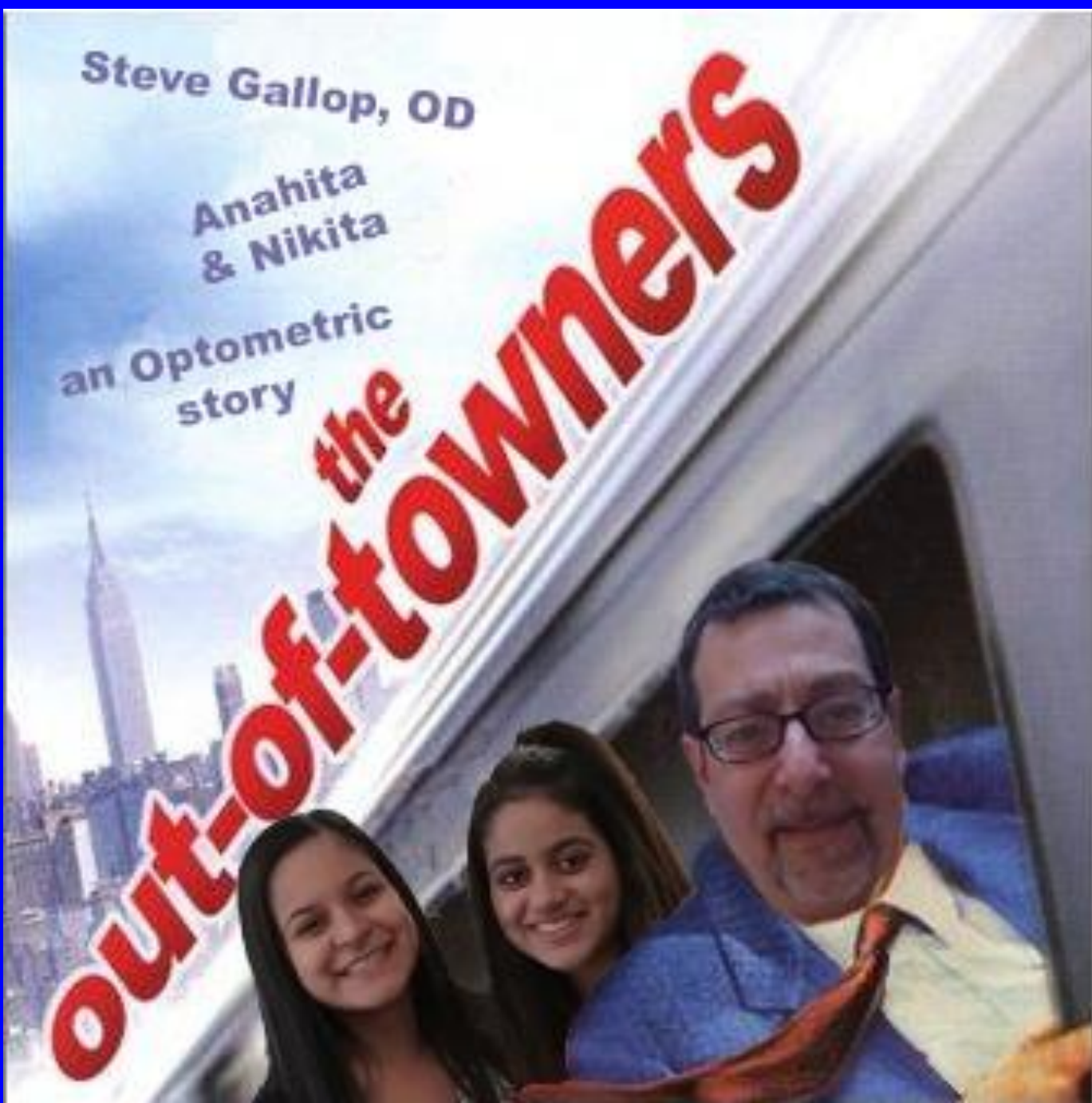
\*or even just 800

Steve Gallop, OD

Anahita  
& Nikita

an Optometric  
story

# out-of-towners the



Anahita after 12 months of VT  
All testing done with -3.00 CLs

DVA: OU, OD 20/20, OS 20/25 -3 (OU, OD 20/25, OS 20/30)

NVA: OU 20/25 @ 16"

**Stereo:** (+) GF 20"Randot (50" Randot)

Pursuits: 100% (75%)

Saccades: 100% (80%)

Z-axis = fair+ (fair/poor)

NPC: TN x 2 (TN)

w/ Red Lens OD: 4/5 x 2 (variable A.I.S.)

Maddox Rod (near):

MR OD Ortho / ESO/XO (Ortho / Ortho)

MR OS Ortho / ESO/XO (14 L Hyper / 30 XO)

Cover Test: 4 → 8 alt, int XT (30^ Alt XT w/ L Hyper)

Prism Bar Ranges:

D: BI x/10/6 BO x/18/14 (sup)

N: BO x/25/16 BI x/6/2 (sup)

## Retinoscopy:

Distance: OD +1.00 (-1.00 unsteady)

OS +1.00 (-1.00 -1.50 x 180)

Near: OD +0.50 (PL -1.00 x 180)

OS PL (PL -1.00 x 180)

SPR: 13" (N/a)

9" w/ +0.50

## DVA OS:

-0.50 20/25

-0.75 20/20

w/ cyl x 180 or 90 = worse



Nikita after 12 months of VT  
All testing done with PL

DVA: OU, OD 20/15-, OS 20/25 unsteady (20/80 unsteady)

NVA: OU 20/20 @ 17"

**Stereo:** 25"Randot (70")

Pursuits: 100% (80%, many glitches)

Saccades: 100% (80%, many glitches)

Z-axis = good-; some OS lead (N→F good-; F→N poor conv)

NPC: 1/2, 2/3, 1/3 (3/6 x 2 (-) dipl; OU out)

Maddox Rod (near):

MR OD 1 R Hypo → Ortho/5 XO (Ortho/3 XO; int cent'l sup)

MR OS ½ L Hypr/3 XO (Ortho/int 1 XO; int cent'l sup )

Prism Bar Ranges:

D: BI x/10/4 BO x/16/10 (x/14/8 BO x/18/12)

N: BO x/30/18 BI x/12/10 (x/20/12 BI x/12/8)

## Retinoscopy:

Distance: OD +1.00 (+1.00 unsteady)

OS +0.75 (PL -1.00 x 90)

20/25 w/ -0.50

Near: OD + → PL (+0.50 -0.50 x 180)

OS PL → - (-1.50 unsteady)

SPR: 7-11" not crisp (9")

10" w/ +0.50 crisp (8" w/ +0.50)

"It is by logic that we prove, but by intuition\* that we discover."

Henri Poincaré

(French mathematician, theoretical physicist, engineer, and a philosopher of science - late 1800s to early 1900s)

\*Or sometimes a nagging mother

# Some other out-of-towners





Thank you. I hope you've enjoyed myself.