



Osteopathic Treatment for Acute Onset Esotropia

- Two episodes immediately following acute forward force
- Treatment by Osteopathy
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- KISS, January, 2020

- **Part One: Optometric Evaluation**

- **Episode 1: Eric S.**

- 43 year old male, first seen 2 years ago with no binocular problems
- Technical mechanic trainer
- Car accident with whiplash 4 days before eye examination
- Eye exam November 23, 2004
- CCx: Headaches, dizziness, and occasional double vision since accident
- Externals: Cover Test Left Esotropia, Left palpebral fissure smaller
- Refraction: OD -3.00 VA cc 20/20
OS -3.50-0.75x55 20/20
- Distance Lateral Phoria: 20 Eso (2 years ago 1 exo)
- Near Add +1.75 Near Lateral Phoria: 12 Eso (2 years ago 3exo)
- Ocular health appears normal

- I Rxed the new glasses and added binasal tapes to avoid diplopia
- I sent him to a neurologist at the Jewish General Hospital who saw him 2 days later.
- The neurologist did not find anything neurologically wrong
- He was using warm compresses, lid massage, and hydrating gtts
- January 10, 2005: follow-up appointment
- Turning head to the left to avoid diplopia
- Distance Lateral Phoria: 13 eso (from 20)
- Near Lateral Phoria: 6 eso (from 12)
- Palpebral fissures were equal size
- Something mechanical?
- I referred him to my osteopath and asked if he could help him

- February 27, 2006: Annual eye examination
- He had seen the osteopath who “fixed” him. No more diplopia or headaches
- He assumed that since I told him the osteopath might be able to help him that it was a given that the treatment would work. Therefore, he didn’t think to call me!
- Distance Lateral Phoria: 0
- Near Lateral Phoria: 6 exo
- Ccx: needed more help for near; I increased his add
- February 4, 2008: Annual eye examination
- Ccx: fatigue at end of day; he got separate computer Rx
- Distance Lateral Phoria: 1 exo
- Near Lateral Phoria: 6 exo

- **Episode 2:** August 21, 2008: Emergency Appointment
- 1 wk ago, he did the Heimlich Maneuver on a colleague who was choking. 3 hrs after: diplopia, dizziness, and headache.
- Externals: CT alternating Esotropia
- It took 3^Base out OD for single vision
- I put on binasal tapes and referred him back to the osteopath who he would see in 4 days. Also advised him about the signs of a stroke.
- August 26, 2008 phone conversation: He had had an osteopath treatment and felt much better. The diplopia was gone. He was scheduled for another treatment in 6 weeks
- January 5, 2010: Annual eye examination: No Ccx, phorias normal
- July 2011, December 2012, April 2015, January 2019: Phorias remain
Distance: 6-7 exophoria Near 3-6 exophoria