Basics of Strabismus

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What is strabismus?

- A misalignment of the two eyes
Eso deviations
Exo deviations
Hyper and hypo deviations
Latent deviations
Manifest deviations
Intermittent deviations
How to detect strabismus?

• Corneal reflections
How to detect strabismus?

- Cover-uncover test
How to detect strabismus?

- Alternate cover test
How is strabismus measured?

• An Orthoptist or Physician measures strabismus with prisms.
• A prism is held in front of one of the eyes until the movement is is neutralised.
Childhood strabismus

- Most commonly horizontal, so lots of esos and exos.
- Children will develop ‘suppression’ which is a response by the brain to ignore the deviating eye and prevent double vision.
Pseudoesotropia

• An optical illusion creating the appearance of esotropia.
• Can be due to a wide nasal bridge, wide or asymmetrical epicanthal folds.
• Corneal reflections will be symmetrical and no movement on cover test.
Management of childhood strabismus

- First step is always to perform a cycloplegic refraction.
- The need for glasses may be the cause of the strabismus, and giving glasses can help to correct the strabismus.
- Sometimes this is the only treatment needed.
Management of childhood strabismus

- The deviating eye, whilst being ignored by the brain may begin to lose vision (strabismic amblyopia).
- Vision in the deviating eye may be restored by patching the better seeing eye – this forces the brain to use the deviating eye and form those important connections back to the vision part of the brain.
Management of childhood strabismus

• Orthoptic management may benefit children with latent strabismus and small amounts of manifest strabismus.

• Strabismus surgery is indicated when glasses have not helped the deviation, the child is at risk of losing binocular vision, or the deviation is cosmetically poor.
Adult strabismus

- Follows the same nomenclature as childhood strabismus.
- Commonly caused by cranial nerve palsies, disease such as Grave’s disease, or due to decreased vision.
Management of adult strabismus

• Adult strabismus in most cases will cause double vision – this will likely be the presenting complaint.
• Double vision may be joined together with the use of Fresnel prisms, or prisms ground into glasses.
• Surgery may be performed when the underlying cause of strabismus is treated.