Twop Case Study

CONVERGENCE INSUFFICIENCY ASSOCIATED WITH SIMPLE MYOPIA
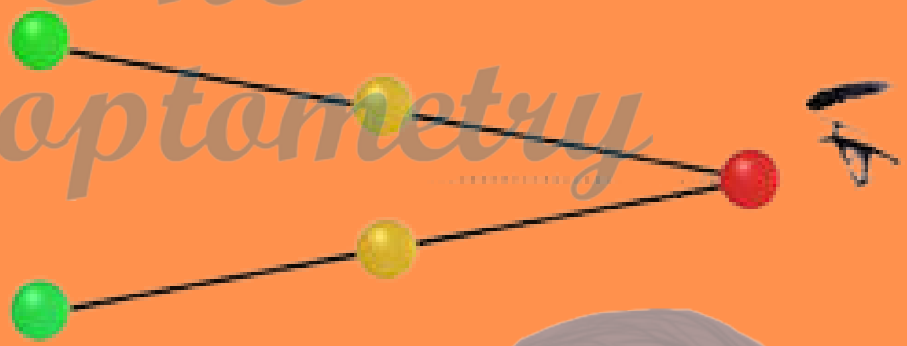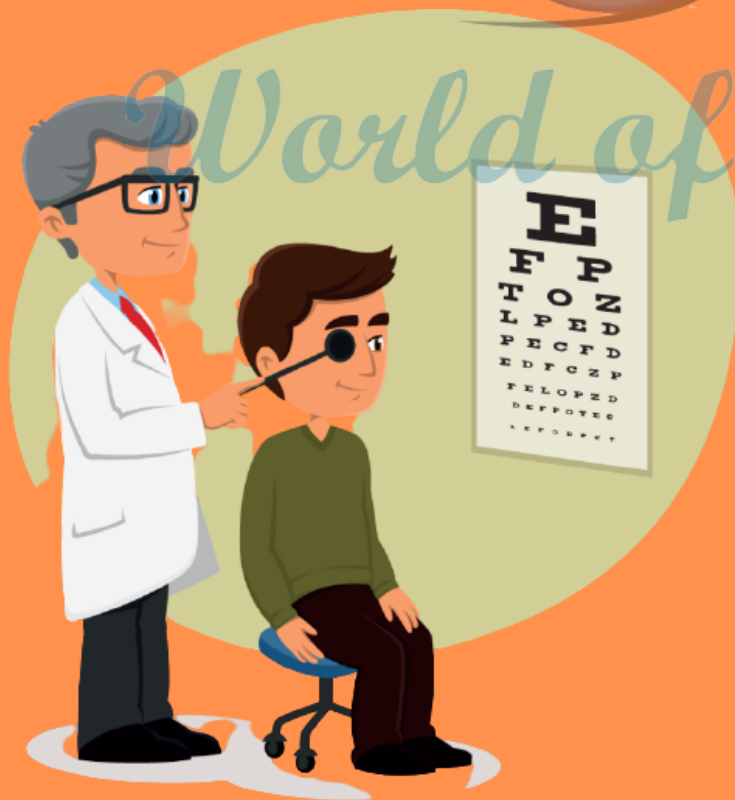
Patient History
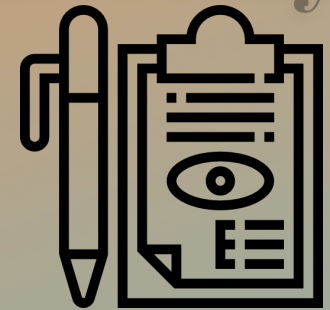
CHIEF COMPLAINTS: 22 year old, Female presented with a c/o regular headache, eye strain, itching and blurred vision after 10-20 minutes of reading. She also complained of general eye discomfort in the evening.

OCULAR HISTORY: No known ocular history, No surgery/injury/infections.

MEDICAL HISTORY: No known h/o systemic diseases/ surgery. She was not taking any medications. This is her first eye exam and her health status was normal.

FAMILY HISTORY:
No significant family history.

Ocular Examination

Distance Visual Acuity(DVA) (uncorrected): 20/20(-3)

Near Visual Acuity(NVA) (uncorrected): 20/20(-3)

Net Retinoscopy: -0.50DS

Refractive acceptance: -0.25DS

ORTHOPTIC EVALUATION:
Oculomotility Test(EOM): Full, Free, Painless in all 9 gazes

Near Point of Convergence(NPC): 15cm

Cover Test (Distance): Orthophoria

Cover Test (Near): Exophoria at near (moderate)

NRA: +2.50DS   **PRA:** -2.50DS

Diagnosis

CONVERGENCE INSUFFICIENCY ASSOCIATED WITH SIMPLE MYOPIA

Globally United
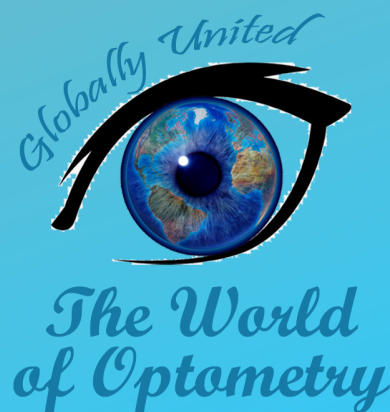
The World of Optometry

Management Plan

- Spectacle Full-Time wear.

- Home based vision therapy:
Pencil Push-Up therapy 4-5 minutes twice a day.
Brock String exercise 5-6 minutes twice a day.

- Carboxy Methyl Cellulose 4 times a day for dry eye relieve.

Globally United

The World of Optometry
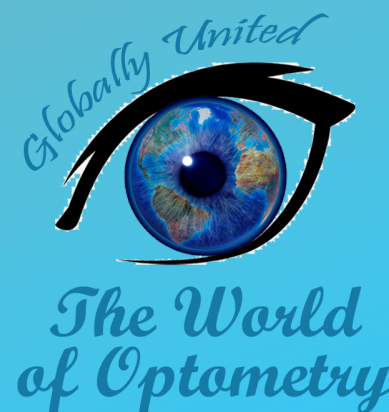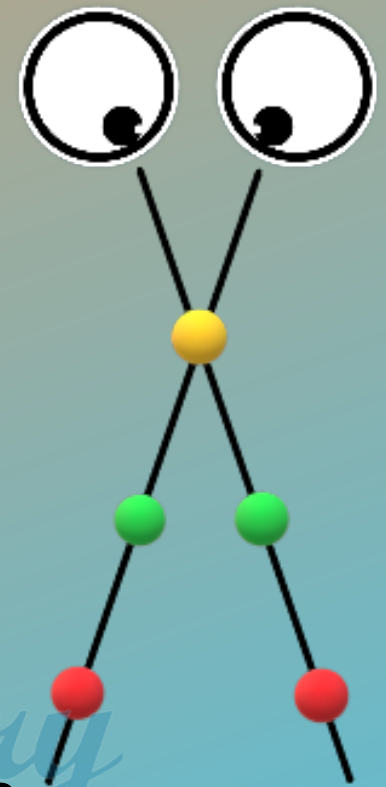
Post Follow Up:

#TwopCaseStudy

Follow up after 9 weeks:

- Near point of Convergence(NPC): 5 cm

- Cover test: Both Eyes Orthophoria at distance and at near

- The patient was happy and satisfied after a follow-up visit to the hospital, the symptoms got relieved.

The World of Optometry

Wow, what a cool content
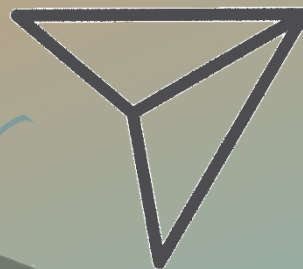
Leave your comments

Share with friends

Save, to consult in the future

The World of optometry

Globally United
The World
of Optometry