



رقم المحاضرة الخامسة
و السادسة

HETEROPHORIA/2-3

2-FACTORS CAUSING DECOMPENSATED
HETEROPHORIA
3-TREATMENT

جامعة ساوة

كلية التقنيات الصحية والطبية

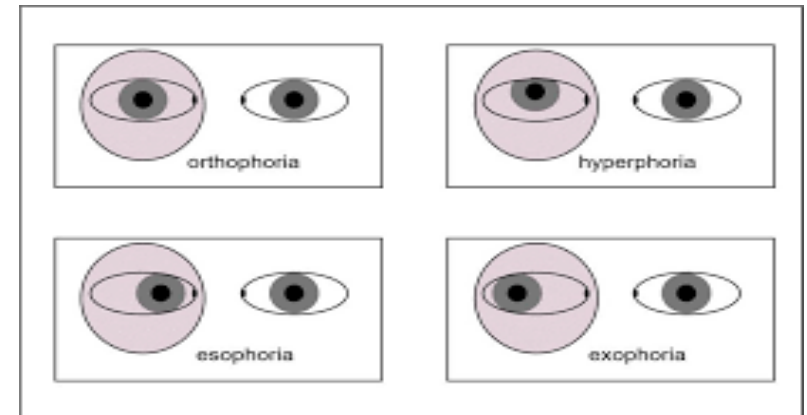
قسم تقنيات البصريات

المرحلة الرابعة

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What does decompensating phoria mean?

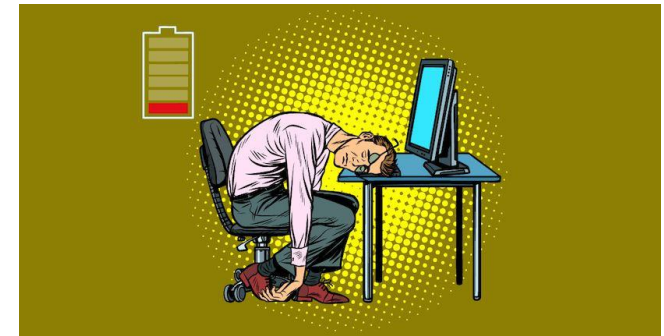
Any latent binocular misalignment that becomes symptomatic is considered to be a phoria that has “decompensated.” Symptoms of decompensated esophoria may range from simple headache to severe asthenopia and diplopia.



Decompensated heterophoria occurs when a person's ability to control and maintain their eye alignment breaks down, leading to symptoms like **double vision**, **eyestrain**, **headaches**, and **difficulty focusing**.

Several factors can contribute to this decompensation of heterophoria:

1. **Fatigue:** Physical or visual fatigue can impair the extraocular muscles' ability to maintain alignment, especially after extended periods of close-up work or reading.
- 2- **Illness or Stress:** Physical illness, general stress, can reduce the body's overall capacity to compensate for phoria, making it more challenging to keep the eyes aligned comfortably.



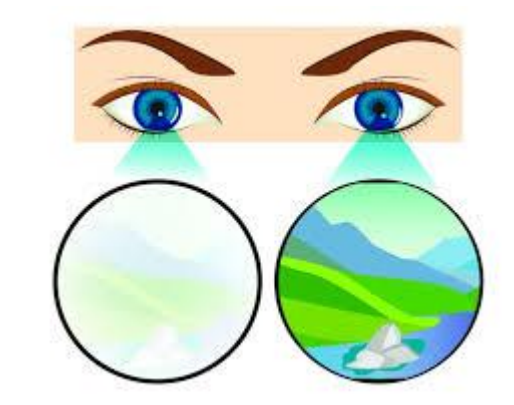
2. **Age-Related Changes:** As people age, the elasticity of the eye muscles and the strength of the accommodative (focusing) system decrease. This can make it harder for older individuals to sustain proper alignment and control any latent heterophoria.



3. **Increased Visual Demand:** Tasks requiring prolonged near work or frequent eye movement between different visual planes (like from screen to paper) put extra strain on the eye alignment mechanism. Over time, this demand can overwhelm a person's ability to control heterophoria.



4. **Anisometropia:** A difference in refractive power between the two eyes can lead to unequal focusing efforts, stressing the visual system and contributing to the decompensation of heterophoria.



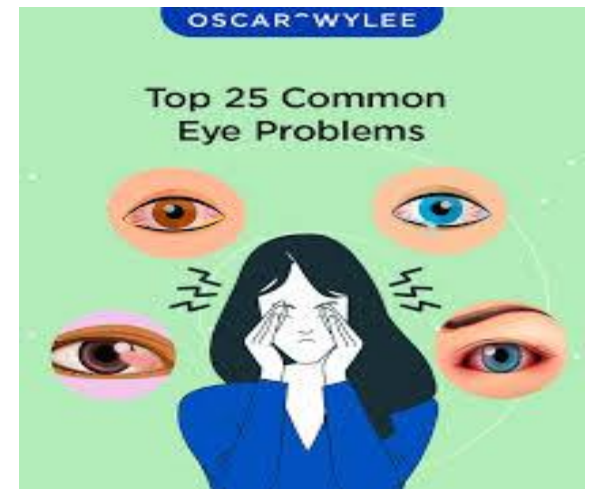
5. **Inadequate Corrective Lenses:** Outdated or improper prescription lenses can force the eyes to work harder than necessary, increase phoria and leading to decompensation.



6. that affect the muscles or nerves controlling eye movements can disturb the balance, making it difficult for the brain to maintain proper alignment.



7. **Underlying Eye Conditions:** Conditions like amblyopia, strabismus, or refractive errors can place additional strain on the visual system, making it harder for the eyes to work together and leading to decompensation of latent heterophoria.



Lecture 6

Heterophoria-3: Treatment

Main treatment goals: relieving symptoms, improving binocular function, and preventing decompensation.

1. Corrective Lenses

- **Prescription Glasses:** Properly correcting refractive errors helps reduce strain.
- **Prism Correction:** Prism lenses can help align the image, making it easier for the eyes to maintain comfortable binocular vision.



2. Vision Therapy (Orthoptic Exercises)

- Exercises to strengthen binocular coordination and improve fusional reserves.
- Examples include pencil push-ups, Brock string, and computer-based exercises.



3. Use of Prism in Lenses

- **Incorporated Prisms:** Prescribed prisms in glasses shift the image for better alignment.
- **Fresnel Prisms:** Temporary option; applied as a sticker on the lens to test the effect before permanent correction.



4-Lifestyle and Environmental Adjustments

- **Breaks During Near Work:** 20-20-20 rule (look 20 feet away every 20 minutes for 20 seconds).
- **Optimal Lighting and Ergonomics:** Helps reduce strain during prolonged tasks.

5. Treatment of Underlying Health Conditions

- **Systemic Conditions:** Managing conditions like thyroid issues or diabetes can reduce the stress on binocular alignment.
- **Medications Review:** Some medications affect vision; consult with a healthcare provider if symptoms worsen.



6. Stress Management Techniques

- **Relaxation Techniques:** Methods like deep breathing and mindfulness can reduce stress-induced symptoms.
- **Physical Health:** Adequate sleep, hydration, and exercise contribute to overall visual stability.

7. Surgery (Rare Cases)

- **Indications:** For severe cases unresponsive to other treatments, often due to a large degree of phoria or underlying strabismus.
- **Types of Surgery:** Procedures on extraocular muscles to realign the eyes.

Follow-Up and Monitoring

- Importance of regular eye exams to monitor phoria and adjust treatment as needed.

Each treatment should be individualized based on the type and degree of heterophoria, the patient's lifestyle, and symptom severity.

Thank you