

**INTERMITTENT EXOTROPIA
OF THE DIVERGENCE
EXCESS TYPE**

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FINANCIAL DISCLOSURE

- FINANCIAL OWNERSHIP/INTERESTS IN **COMPUTER ORTHOPTER, VTS 4, HTS**
- CONSULTANT FOR **MAGIC LEAP**
- CONSULTANT FOR **ALCON**
- BOARD OF DIRECTORS OF **TREEHOUSE**
- CONSULTANT FOR **VTI – NATURAL VUE LENSES**
- CONSULTANT FOR **EYENOVIA**

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**THANKS TO IMPORTANT MENTORS IN
MY EARLY CAREER FOR DEVELOPING
MY UNDERSTANDING OF INTERMITTENT
EXOTOPIA**

- NAT FLAX
- MARTY BIRNBAUM
- (FRED BROCK)
- ALLAN COHEN
- ARNOLD SHERMAN
- MICKEY WEINSTEIN

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DUANE'S TERMINOLOGY (SPATIAL)

- 1- DIVERGENCE EXCESS (D>N)**
- 2- BASIC EXO DEVIATION (D=N)**
- 3- CONVERGENCE INSUFFICIENCY (D<N)**

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EXO DEVIATIONS

- FREQUENCY (TEMPORAL)
 - 1. CONSTANT VS. INTERMITTENT
 - 2. PERIODIC VS. NON-PERIODIC
- SENSORIAL FINDINGS
 - DEGREE OF BINOCULAR COOPERATION

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**INTERMITTENT EXOTROPIA OF THE
DIVERGENCE EXCESS**

- WALL EYE
- OCCASIONAL EXOTROPIA
- NEUROPATHIC EXOTROPIA
- HYPERKINESIS OF DIVERGENCE
- EXOTROPIC OF INATTENTION
- INTERMITTENT EXOTROPIA

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CHARACTERISTICS OF DIVERGENCE EXCESS

- MARKED EXO DEVIATION AT DISTANCE
- NORMAL NEAR PHORIA FINDING
- NORMAL FUSIONAL CONVERGENCE; REDUCED FUSIONAL DIVERGENCE
- INTERMITTENT WITH GOOD V.A. IN EACH EYE
- GOOD STEREOPSIS
- ARC AND PANORAMIC VIEWING DURING DEVIATION

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TYPES OF DE X(T)

- SIMULATED (60%) – OCCLUSION INCREASES DISTANCE DEVIATION SLIGHTLY AND NEAR SIGNIFICANTLY MAKING THE PATIENT LOOK LIKE A BASIC EXO. ACA IS REDUCED???
- TRUE (40%) – OCCLUSION DOES NOT EFFECT THE DEVIATION. NORMAL OBJECTIVE ACA

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BASIC AND DIVERGENCE EXCESS TYPE OF INTERMITTENT EXOTROPIA

- BASIC EXOTROPIA - DISTANCE AND NEAR DEVIATION ARE SIMILAR
- DIVERGENCE EXCESS TYPE EXOTROPIA - DEVIATION IS LARGER AT DISTANCE THAN NEAR
- BOTH DEVIATIONS HAVE SIMILAR SENSORY MOTOR FINDINGS AND MAY BE THOUGHT OF AS PART OF THE SAME SYNDROME

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PROGRESSION OF X(T)

- X(T) BEGINS WITHIN THE FIRST 18 MOS OF LIFE
- VON NOORDEN FOLLOWED 51 X(T)S - 75% SHOWED PROGRESSION, 9% DID NOT CHANGE, AND 16% SHOWED IMPROVEMENT
- HILES FOLLOWED 48 X(T)- 39 SHOWED NO CHANGE OVER TIME, 12 ACTUALLY IMPROVED , ONLY 8 WORSENERD WITH TIME

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COMPLAINTS OF DE

- EYE DRIFTS OUT ESPECIALLY WHILE TALKING
- EYE DRIFTS MORE WHEN FATIGUED, ILL, OR DAYDREAMING
- PATIENT USUALLY UNAWARE OF DEVIATION

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COMPLAINTS OF DE (CON'T)

- GENETIC HISTORY COMMON
- ONSET BY 18 MOS. (MAY WORSEN AT 6 YRS. OF AGE)
- MINIMAL ASTHENOPIC COMPLAINTS
- CLOSES EYES IN BRIGHT SUNLIGHT

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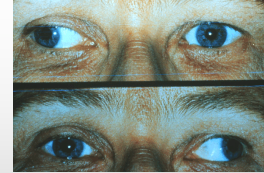
SENSORY FINDINGS OF DE

- ARC WHEN DEVIATED WITH PANORAMIC VIEWING
- NRC WHEN STRAIGHT
- BI-TEMPORAL HEMI-RETINAL SUPPRESSION
- NORMAL STEREOPSIS
- SUPPRESSION WITH SIMULTANEOUS PERCEPTION STIMULI
- NON SUPPRESSION OF EITHER FOVEA DURING DEVIATION

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CLASSIC ALTERNATION

- NOTE ALTERNATION
- NOTE ELEVATION AT THE END OF THE DEVIATION
- LOOKS ALMOST LIKE A BELL'S PHENOMENA



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MOTOR FINDINGS OF DE

- AVERAGE DEVIATION AT DISTANCE (29 PRISM DIOPTERS)
- AVERAGE DEVIATION AT NEAR (9 PRISM DIOPTERS)
- HIGH ACA USING DISTANCE-NEAR FINDINGS (14:1) (29-9+15/2.5)
- DEVIATION INCREASES WHEN LOOKING FROM 20 TO 200 FEET

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AN INTERMITTENT EXOTROPE WITH STRAIGHT EYES



- NOTE BINOCULARITY WITH EXCESSIVE EFFORT
- FRONTAL MUSCLE CONTRACTION

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DEVIATION IS INTERMITTENT

- NOTE RELAXATION OF CONVERGENCE
- LARGE EXOTROPIA
- RELAXATION OF THE FRONTALIS MUSCLE



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EXCELLENT CONVERGENCE

- ELIMINATION OF EXOTROPIA WITH NEAR TARGET
- CONVERGENCE TO THE NOSE



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V SYNDROME EXOTROPIA

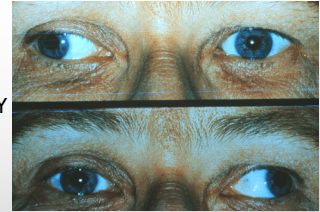
- NOTE IN UPGAZE AN INCREASE IN THE ANGLE OF DEVIATION
- V SYNDROME
- OVER ACTION OF THE INFERIOR OBLIQUE



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EXOTROPIES RARELY ARE AMBLYOPIC

- CLASSIC ALTERNATING EXOTROPIA
- VERY COSMETICALLY NOTICEABLE



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90% OF EXOTROPIES ARE INTERMITTENT

- MOST EXOTROPIES ARE INTERMITTENT
- BINOCULAR IN TOP PICTURE
- EXOTROPIA IN BOTTOM PICTURE



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ETIOLOGY OF X(T)

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ETIOLOGY OF DE

- ANATOMICAL
- MECHANICAL
- ACTIVE DIVERGENCE
- ACA RATIO
- NEAR POINT STRESS
- PHYLOGENIC
- HEMI-RETINAL THEORY
- GENETIC ANOMALY

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ANATOMICAL & MECHANICAL THEORY OF DE

- BASED ON ADHESIONS OR IMPROPER INSERTIONS
- NOT BONE OUT SURGICALLY (NO EVIDENCE) MUSCLES ARE 100 TIMES STRONGER THAN NEEDED TO MOVE THE EYEBALL APPROPRIATELY
- CAN NOT ACCOUNT FOR EXTRA-OCULAR TRANSPOSITIONS

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ACTIVE DIVERGENCE THEORY OF DE

- DUANE'S ORIGINAL THEORY
- SUPPORTED BY ELECTROMYOGRAPHIC RECORDINGS OF THE LR
 - LR INCREASES FIRING RATE DURING DIVERGENCE
 - MR DOESN'T DECREASE FIRING RATE DURING DIVERGENCE
- JAMPOLSKY FEELS THAT THE FIRING OF THE LR IS RELATED TO A RELAXATION OF CONVERGENCE

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ACA AND NEAR POINT STRESS THEORY OF DE

- ACCOMMODATION IS THE CAUSE
- NEAR POINT STRESS: SPREAD OF NEAR DIVERGENCE TO DISTANCE TO OVERCOME A NEAR ESOPHORIA (ASSUMES HIGH ACA)
- CANNOT EXPLAIN FINDINGS WITH OCCLUSION, SURGICAL RESULTS, DEVIATION DIFFERENCE AT 20 AND 200 FEET
- GRADIENT ACA MEASURES

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PHYLOGENIC THEORY OF DE

- BASED ON OBSERVATION THAT THERE IS A PHYLOGENIC MOVEMENT OF THE VISUAL AXIS FROM LATERAL TO FRONTAL POSITION
- DIVERGENCE IS A RESULT OF DECEBRALIZATION
- FRONTAL POSITION IS NOT RELATED TO PHYLOGY BUT TO PREDATION

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HUMAN-CHAMELEON MODEL

- DIVERGENCE FOR PANORAMIC VIEWING (INCREASE IN MOTION DETECTION)
- ALIGNMENT DURING ATTENTION OR CONDITIONS OF STEREOPSIS
- ARC FOR RUDIMENTARY STEREOPSIS, AVOIDANCE OF DIPLOPIA, AND TO RESTORE B.V.

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FUNCTIONING SUPERIOR TO NORMAL BINOCULAR VISION

- DIVERGENCE WHEN BENEFICIAL TO OBTAIN PANORAMIC VIEWING FOR MOTION DETECTION
- ALIGNMENT FOR BINOCULARITY AND STEREOPSIS
- FOUND IN GREAT ATHELETES

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X(T) MAKES THEM GREAT BASEBALL PLAYERS

- PANORAMIC VIEWING WHEN INDICATED
- EXTENSION OF THE FIELD OF VIEW
- STEREOPSIS WHEN BENEFICIAL
- DON'T BREAK THE SYSTEM

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RICKY HENDERSEN
 ONE OF THE BEST BASEBALL STEALERS OF ALL TIME

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RICKEY HENDERSON

Right Exotropia

Left Exotropia

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HENDERSON ON BASE READY TO STEAL A BASE

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MIGUEL CABRERA'S ANOTHER GREAT BASEBALL PLAYER KNOWN FOR STEALING BASES

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MIGUEL CABRERA'S ALTERNATING X(T)

ALIGNED

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PANORAMIC VIEWING IMPROVES STEALING BASE PERFORMANCE

- MIGUEL CABRERA'S STEALS BASES AT A 71% RATE, AND DRIVES IN A RUN EVERY 5 TIMES AT BAT

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STEVE NASH OF THE SUN'S
EYE IS OUT AS HE DRIBBLES



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BUT WHEN SCORES HIS EYES ARE
ALIGNED FOR THE BASKET



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**CHARACTERISTICS OF SENSORY FUSION
DURING ALIGNMENT**

- NORMAL STEREOPSIS AT NV
- REDUCED STEREOPSIS AT DV
- NORMAL CONVERGENCE AMPLITUDES
- SUPPRESSION OF TEMPORAL PHYSIOLOGICAL DIPLOPIA
- SUPPRESSION OF 1ST DEGREE TARGETS

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**SENSORY ADAPTATIONS DURING
DEVIATIONS**

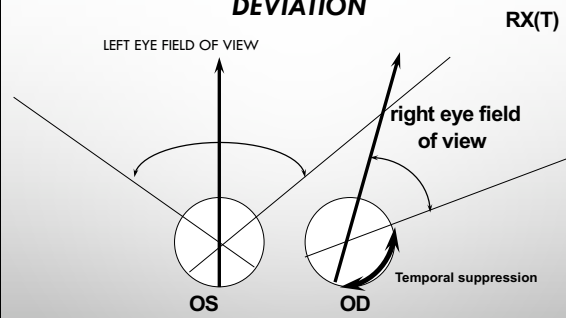
- SUPPRESSION
- DIPLOPIA
- ARC
- PANORAMIC VIEWING

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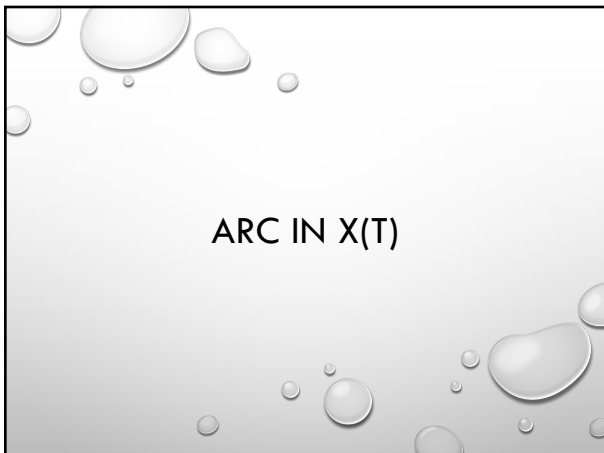
SUPPRESSION

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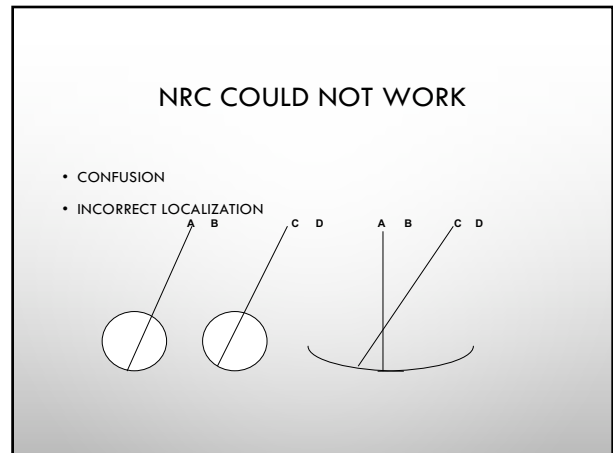
**TEMPORAL SUPPRESSION DURING
DEVIATION**



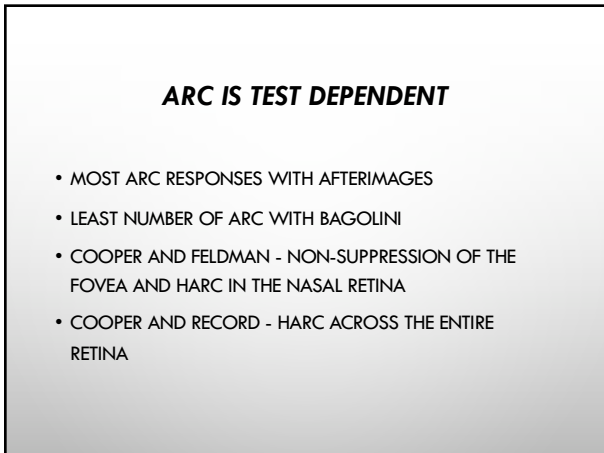
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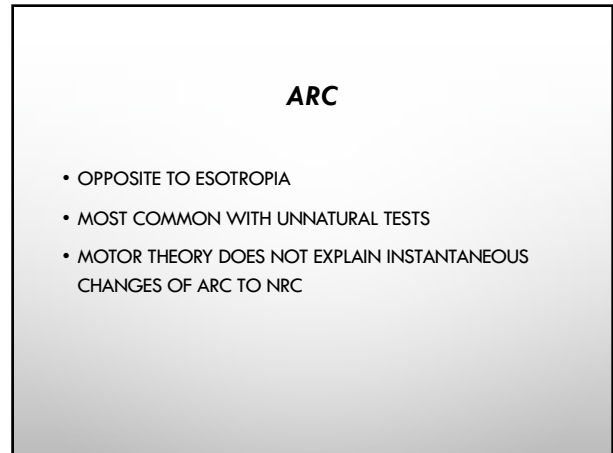
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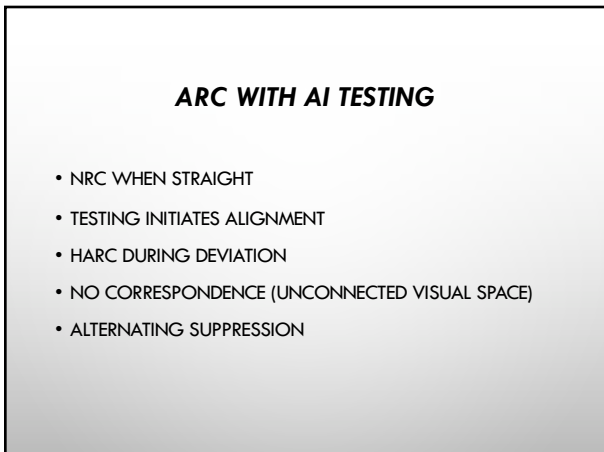
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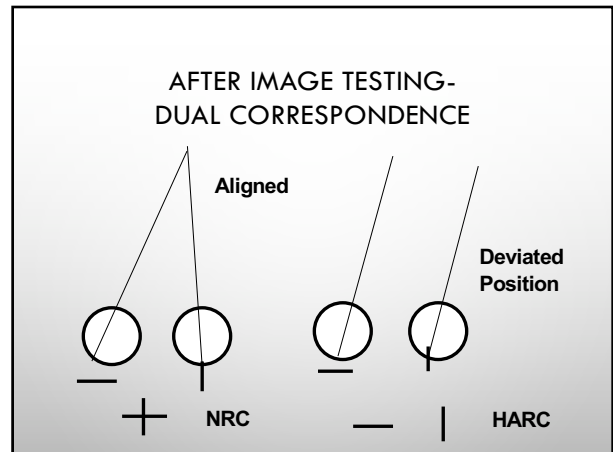
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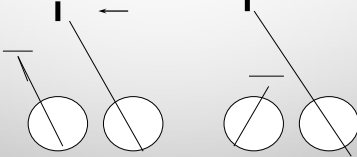
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MORGANS THEORY OF ARC

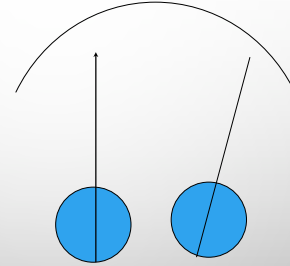
- CHANGE IN EGOCENTRIC LOCALIZATION WITH VERSION MEDIATED RESPONSES
- NO CHANGE IN EGOCENTRIC LOCALIZATION WITH ACCOMMODATIVE/VERGENCE RESPONSES



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POSSIBLE ADVANTAGE OF PANORAMIC VIEWING

- EXTEND FIELD OF VIEW AND THE MOTION DETECTION SYSTEM
- SEE OFF TO THE SIDE
- GOOD FOR SURVIVAL



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POSSIBLE ADVANTAGES OF ARC

- TO AVOID DIPLOPIA AND/OR CONFUSION
- TO PROVIDE ABNORMAL STEREOSCOPIC VISION
- TO CALCULATE THE AMOUNT OF MOVEMENT NEEDED TO RESTORE BINOCULARITY
- TO IDENTIFY STIMULUS CONDITIONS TO RESTORE BINOCULARITY -I.E. STEREOPSIS

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ACA RATIOS

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CURRENT OPTOMETRIC AND OPHTHALMOLOGICAL LITERATURE ACCEPT A HIGH ACA RATIO.

- CALCULATIONS BASED ON DISTANCE NEAR FINDINGS
- BY DEFINITION ABSOLUTE CONVERGENCE FROM DISTANCE TO NEAR IS LARGE

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THEREFORE, USING DV AND NV FINDINGS THE ACA MUST BE AT LEAST 10/1.

- ASSUME DISTANCE DEVIATION IS 10^{Δ}
- ASSUME NEAR DEVIATION IS 0^{Δ}
- RELATIVE CONVERGENCE = $10^{\Delta} - 0^{\Delta}$ OR 10^{Δ}
- DISTANCE TO NEAR CONVERGENCE = 15^{Δ}
- TOTAL CONVERGENCE = $10 + 15 = 25^{\Delta}$
- CONV/ACC DEMAND = $25^{\Delta} / 2.5D = 10/1$

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HIGH ACAS CANNOT EXPLAIN:

- RESULTS FROM OCCLUSION
- INCREASES IN THE DEVIATION WHEN VIEWING CHANGES FROM 20 TO 200 FT.
- ESO FIXATION DISPARITY
- RELATIVELY FEW COMPLAINTS OF BLUR UPON FUSING
- RETURN OF THE DEVIATION AFTER SURGICAL ORTHOPHORIA

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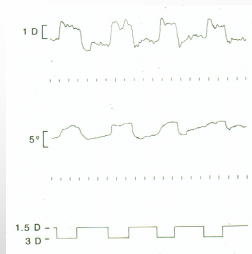
GRADIENT ACA RATIO FINDINGS:

- GRADIENT ACAS HAVE BEEN FOUND TO BE NORMAL IN DE
- VONNOORDEN REPORTED AN ACA = 4.5, VARYING FROM 3.3 TO 9/1
- MOORE REPORTED AN ACA OF 6/1

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RESPONSE ACA RATIO

- TOP TRACING IS ACCOMMODATION
- BOTTOM TRACING IS ACCOMMODATION
- INFRA-RED OPTOMETER AND INFRA-RED EYE MOVEMENT MONITOR
- RESPONSE ACA



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ALL GRADIENT ACAS INCLUDING THE OBJ. RESPONSE ACA WERE WNL; THE X=5.9

- COOPER ET AL MEASURED GRADIENT ACAS USING AN INFRA-RED OPTOMETER AND AN INFRA-RED EYE MOVEMENT SYSTEM
- ALL MEASUREMENTS WERE OBJECTIVE
- OBJECTIVE ACAS ARE USUALLY HIGHER THAN GRADIENT ACAS

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TREATMENT

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CURRENT METHODS FOR TREATMENT X(T)

- SURGERY FOR ORTHOPHORIA
- SURGERY FOR ESOPHORIA
- ORTHOPTICS FOR FUSIONAL AMPLITUDE
- VISION TRAINING FOR STRESS RELATED X(T)
- VT FOR COOPER-CHAMELEON MODEL

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POOLED DATA OF RX OF X(T)

- MINUS LENS 28% (N=215)
- PRISM RX 28% (N=201)
- OCCLUSION 37%
- SURGERY 46%
- ORTHOPTICS 59%

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WHAT IS YOUR GOAL:

- COSMETIC
- IMPROVED STEREOPSIS
- REDUCTION OF ASTHENOPIA
- IMPROVEMENT OF VISUAL FUNCTION

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SURGERY FOR ORTHOPHORIZATION

- 40-60% HAVE LONG TERM SUCCESS
- DRIVE TO RECREATE INITIAL DEVIATION

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SURGERY TO CREATE A MODERATE ESO

- 80% SUCCESS
- CANNOT PREDICTABLY CREATE THE ESO
- CONSECUTIVE ESOTROPIA

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EARLY SURGERY VS. LATE SURGERY

- 15% CHANCE OF CREATING A CONSECUTIVE ESOTROPIA
- LOSS OF STEREOPSIS AND AMBLYOPIA

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SURGERY BASED ON POST OCCLUSION, ACA RATIO, AND MAXIMUM DISTANCE VIEWING

- KUSHNER CONFIRMED COOPER ET ALS FINDINGS
 - MOST TRUE AND SIMULATED DE HAVE NORMAL ACA RATIOS
 - THOSE WHO DID HAVE HIGH ACA LANDED UP WITH A CONSECUTIVE ESOTROPIA FOLLOWING SURGERY
- 80% SUCCESS RATE IF OPERATE ON MAXIMUM ANGLE DETERMINED BY 200 M VIEWING AND 1 HR. OCCLUSION

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OCCLUSION THERAPY

- FLYNN NOTED THAT AMBLYOPIA THERAPY (I.E. PATCHING) RESULTED IN THE ELIMINATION OF THE STRABISMUS IN SOME AND IMPROVEMENT IN FUSION IN OTHERS - 58% IMPROVED
- FREEDMAN & ISENBURG: PART TIME OCCLUSION - 30% IMPROVED
- COOPER & LEYMAN- 30% IMPROVEMENT
- CHUTTER, IACOBUCCI, AND HENDERSON REPORT ABOUT 50% SUCCESS; SOME GET WORSE

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OVER MINUS THERAPY

- GOODACRE - 66% BECAME PHORIC
- CALTRIDER & JAMPOLSKY - 68% IMPROVED
- RUTSTEIN ET AL. SHOWED THAT MINUS LENS THERAPY DOES NOT INCREASE MYOPIA

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PRISMATIC CORRECTION

- VERONNEAU TROUTMAN - 50% SOME IMPROVEMENT WITH 50% BEING SIGNIFICANT
- MOORE FOUND NO EFFECT WITH PRISM IN ELIMINATING AN EXOTROPIA

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CONVENTIONAL VT

- DAUM'S STUDY
 - 33% WERE CURED
 - SHORT PERIOD OF THERAPY
- LUDLAM
 - 52% COMPLETE SUCCESS
 - 40% PARTIAL SUCCESS
- SANFLIPPO & CHALHANE
 - 78% SUCCESS
 - 5 YEAR FOLLOW-UP MOST REMAINED ST

70

CONVENTIONAL VT (CON'T)

- CHRYSANTHOU
 - 78% SUCCESS
- COOPER & LEYMAN
 - HAD MORE SUCCESS WITH VT AS COMPARED TO PATCHING AND SURGERY

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SKEFFINGTON MODEL

- STRESS INDUCED
- NON COMPENSATED DIVERGENCE TO AN ESO DEVIATION INDUCED BY STRESS AT NEAR
- SUGGESTS A HIGH ACA MODEL
- INCOMPATIBLE WITH EARLY ONSET (X=18 MOS.) GENETIC ANOMALY
- INCONSISTENT WITH MOST CLINICAL DATA, HARC, PANORAMIC VIEWING, DEVIATION DEPENDENT ON STIMULUS TYPE (STEREO)

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BROCK-FLAX MODEL

- ONLY STUDY WAS PERFORMED BY GOLDRICH
 - 28 DE X(T)
 - 71% CURED
 - 11% GOOD
 - 14% FAIR
- WHAT WERE THEY BEFORE THERAPY?

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PROTOCOL FOR TREATMENT OF X(T) OF DE TYPE

- PATHOLOGICAL DIPLOPIA
 - START WITH RED LENS IN DARKENED ROOM
 - FIRST DECREASE THE DENSITY OF THE FILTER, THEN INCREASE THE ILLUMINATION OF THE ROOM
- TEACH BINOCULAR ALIGNMENT IN THE ABSENCE OF STEREOSCOPIC CUES
 - FADE OUT STEREOSCOPIC DETAIL
 - PATIENTS MUST MAINTAIN ALIGNMENT IN THE ABSENCE OF STEREOSCOPIC CUES
 - FADING TECHNIQUE

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STEPS FOR EXOTROPIA THERAPY BY AGE

- IMMATURE CHILD
 - ALTERNATE OCCLUDE FOR 4-6 HRS FOR 2 MOS. (70% GET BETTER, 13% GET WORSE)
 - OVER MINUS RX (APPROXIMATELY 75% GET BETTER)
 - PRISM RX (IF THE ABOVE FAILED)
 - TV TRAINER FOR ANTI-SUPPRESSION

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STEPS FOR EXOTROPIA THERAPY BY AGE

- MATURE PATIENT
 - RED LENS THERAPY FOR DIPLOPIA AWARENESS
 - TRIAL OF PATCHING, RED LENS, AND/OR PRISM
 - VT START AT NEAR WITH LARGE, PERIPHERAL STEREO TARGETS; MOVE TO DISTANCE FIRST DEGREE TARGETS; HARDEST TASK = CHEIROSCOPIC TRACINGS

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DIPLOPIA AWARENESS

- START IN A DARKENED ROOM
- START AT NEAR
- PLACE A DARK RED LENS OVER THE FIXATING EYE
- USE A BRIGHT MUSCLE LIGHT
- OCCLUDE AN EYE TO ILLICIT A DEVIATION
- OSCILLATE THE LIGHT TO ELIMINATE A SUPPRESSION



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DIPLOPIA AWARENESS

- MOVE THE LIGHT FROM NEAR TO FAR
- INCREASE THE ROOM ILLUMINATION
- DECREASE THE DARKNESS OF THE RED LENS
- DIM THE FIXATION LIGHT
- LOOK FOR DIPLOPIA
- GOAL - SPONTANEOUS DIPLOPIA

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DIPLOPIA AWARENESS

- MUST BE DONE AT THE BEGINNING OF THERAPY
- MUST NOT TRAIN CONVERGENCE
- MAY BE AUGMENTED WITH VERTICAL PRISM THERAPY TO ELICIT DIPLOPIA, CHEIROSCOPIC TRACING, AUTO VERGENCE WITH FIRST DEGREE TARGETS, RETINAL RIVALRY IN THE DEVIATED POSITION

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DIPLOPIA AWARENESS

- PROVIDES A FEEDBACK MECHANISM
- LETS THE PATIENT KNOW WHEN THEIR EYE DEVIATES
- PROVIDES A STIMULUS TO INITIATE FUSION
- DOES NOT ELIMINATE THE DEVIATION
- BROCK-FLAX MODEL DECREASES PERCENTAGE OF TIME DEVIATION OCCURS AND STIMULATES SLOW FUSIONAL RESPONSE

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AWARENESS OF DEVIATION

- MUST MAKE X(T) AWARE OF THE DEVIATION AND PROVIDE A SIGNAL FOR RE-ALIGNMENT
- POSTURAL AWARENESS
- BIO-FEEDBACK
- DIPLOPIA AWARENESS

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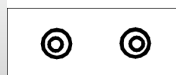
OPERANT CONDITIONING FADING TECHNIQUE

- START AT NEAR WHERE THEY ARE BINOCULAR
- START LARGE, STEREO TARGETS
- FADE OUT STEREO TO FLAT FUSION TO SIM PERCEP
- FADE OUT SIZE LARGE TO SMALL
- MOVE FROM NEAR TO DISTANCE

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PROTOCOL FOR TREATMENT OF X(T) OF DE TYPE: (CON'T)

- WORK FROM NEAR TO FAR
- STEREO TO FIRST DEGREE FUSION
- LARGE TARGET TO SMALLER TARGET
- IN SPACE TO INSTRUMENT



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NEED TO OBTAIN ALIGNMENT IN THE ABSENCE OF CUES

- POSTURAL ALIGNMENT
 - CHEIROSCOPIC TRACING, VERTICAL PRISM, AUTO VERGENCE WITH FIRST DEGREE TARGET
- OTHER EXAMPLES
 - SPIRANGLE AND CLOWN TOGETHER
 - BROCK POSTURE BOARD
 - BU SERIES (LUSTER)

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**TO ASSIST YOU DO NOT BE SCARED TO
USE:**

- PATCHING
- MINUS LENSES
- PRISMS
- DIPLOPIA AWARENESS
- SURGERY

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ACCORDING TO VOD NOORDEN:

- THE REAL SUCCESS WITH EITHER SURGERY OR VT IS PROBABLY LESS THAN 12% SINCE IN BOTH CASES THESE PATIENTS TEND TO DEVIATE WHILE FIXATING 200 FT., A DISTANCE RARELY MEASURED CLINICALLY.

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WHAT IS YOUR GOAL:(REPEAT)

- COSMETIC
- IMPROVED STEREOPSIS
- REDUCTION OF ASTHENOPIA
- IMPROVEMENT OF VISUAL FUNCTION

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REFERENCES

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- COOPER, J. A VIEW POINT INTERMITTENT EXOTROPIA OF THE DIVERGENCE EXCESS TYPE. *J BEHAV OPTOM*, 1996, 7:67-72

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