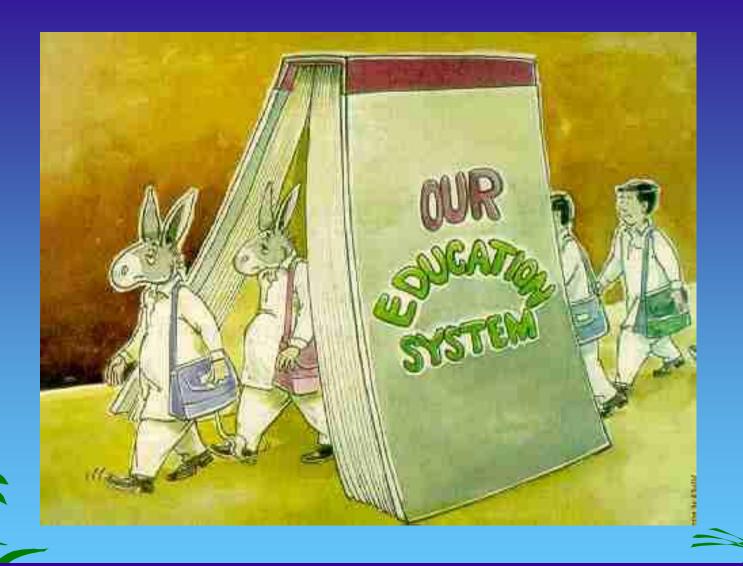
Understanding Strabismus: The Pursuit of Stereopsis NAMS-AIIMS- PGIMER 2025





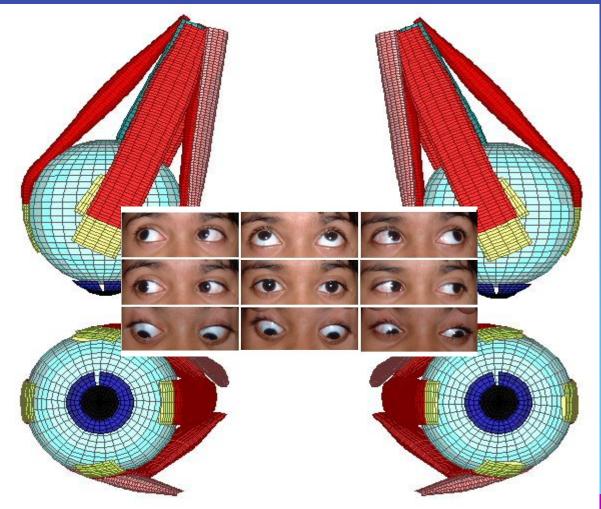
Dr Pradeep Sharma Insa,MD,FAMS

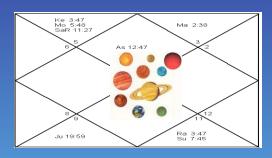
Ex-Professor, AIIMS, New Delhi Director, Strabismus, Pediatric Ophthalmology & NeuroOphthalmology Centre for Sight, New Delhi drpsharma57@yahoo.com



I have no relevant financial disclosures

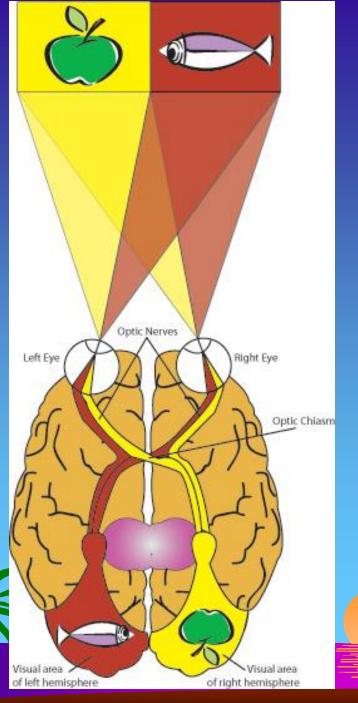
Ocular motility: A play of twelve extraocular muscles in nine gazes



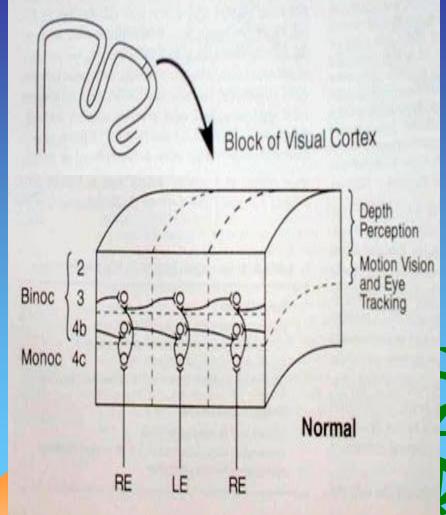


Twelve houses nine planets

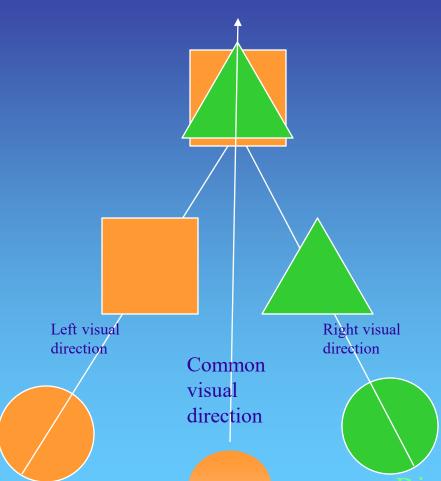


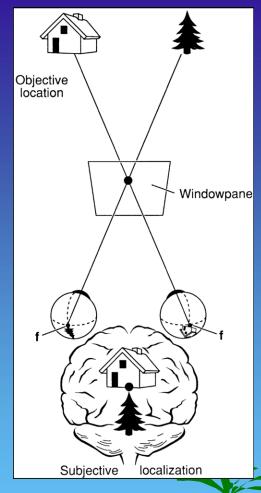


How we see binocularly?



Binocular perception



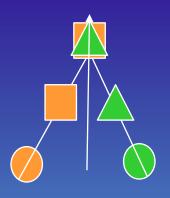


Left eye

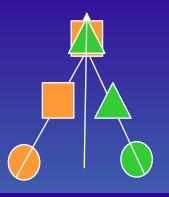
Right eye

Physiological diplopia is evidence of this

Alignment of eyes



- The two visual axes meet at the point of fixation or regard.
- The two foveas share a common visual direction.
- When they are not aligned: squint or strabismus results.

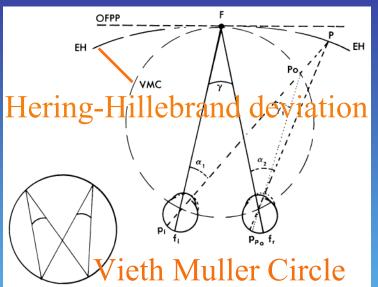


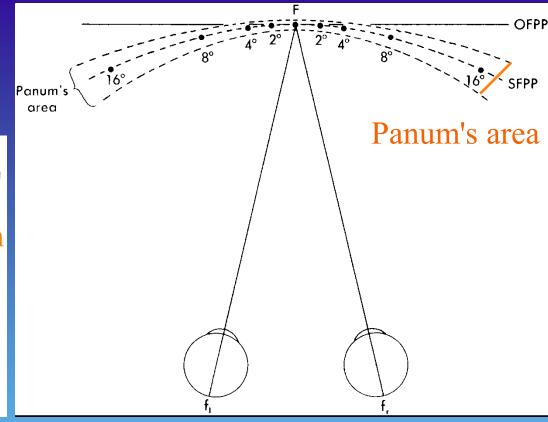
Binocular vision

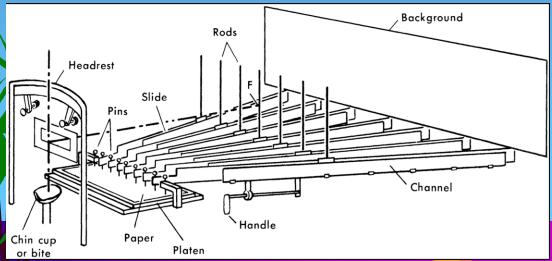
A Horopter

- Principal visual direction:
 - fovea to fixing object
- Fovea of the two eyes correspond:
 - foveo-foveal (normal) retinal correspondence, NRC
- Retinal points have pt to pt correspondence
- Corresponding points: BSV:no diplopia
- Disparate points:diplopia

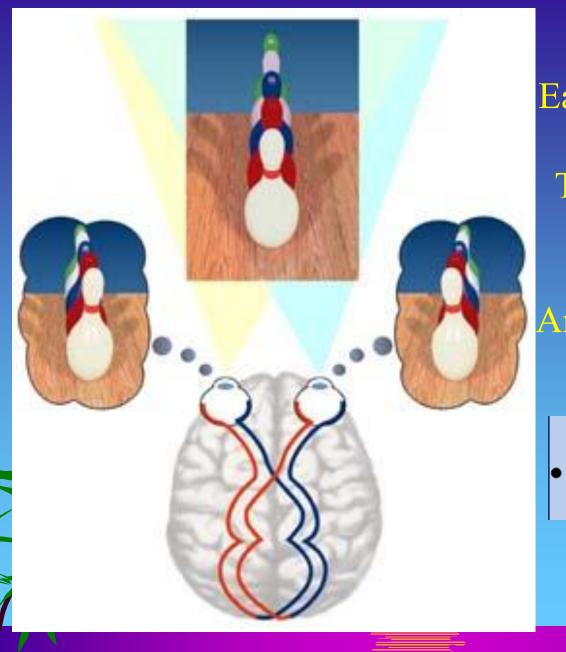
Horopter







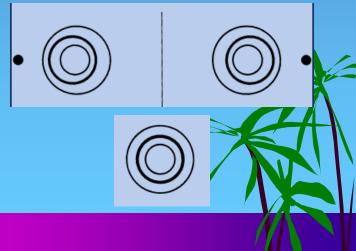
Disparity within Panum's area: BSV Outside it: Diplopia



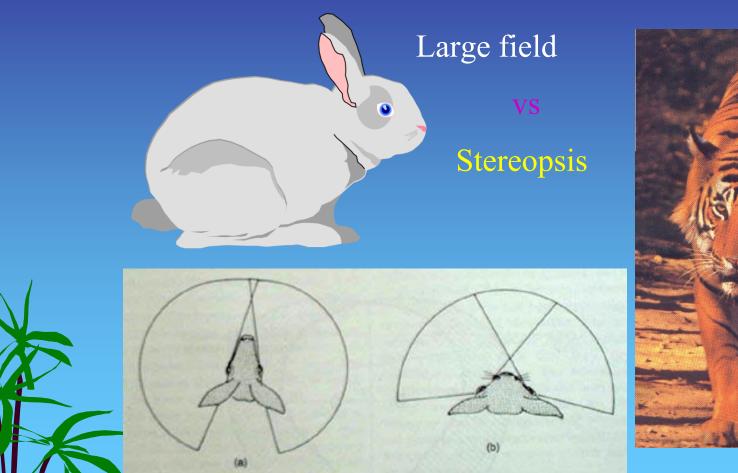
Stereopsis:

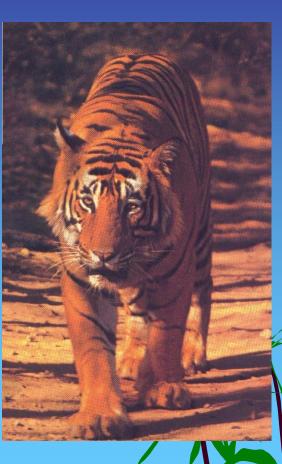
Each eye sees things
little differently
The disparities are
within Panum's
fusional limits
Are fused to give the

3D effect



Two eyes: an asset





Bugbears of misalignment when Asset becomes a Liability!

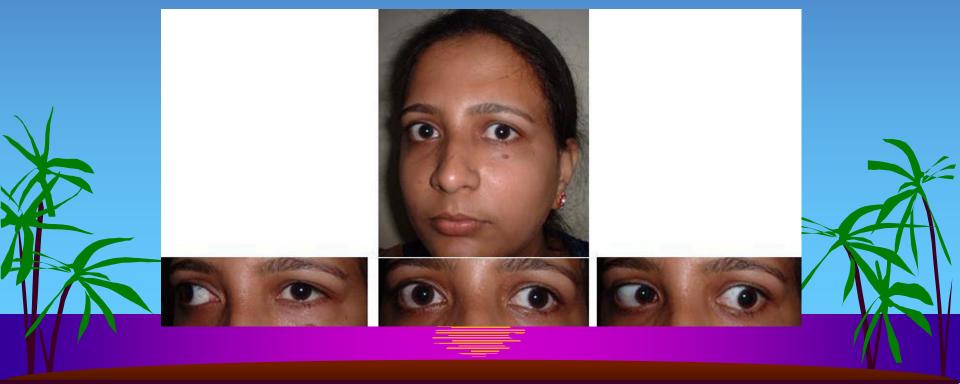
- Asthenopia and headache
- Diplopia
- Confusion
- Past-pointing
- Vertigo
- Psychosocial problems



Coping the bugbears:

Motor Adaptations

- Head posture
 - Face turn to right or left
 - Chin up or down
 - Head tilt to left or right
 - Blind spot mechanism: Esotropia of 12-15 degree: 25-30pd



Head postures: different types



Face turn



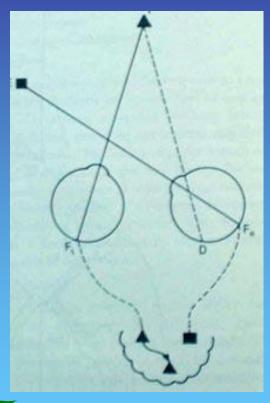
Chin down



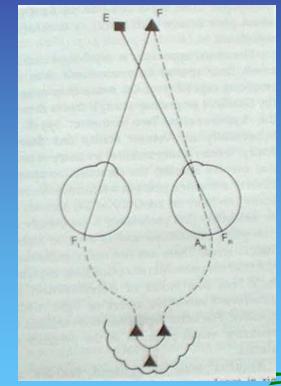


Head til

Coping the bugbears: Sensory Adaptations

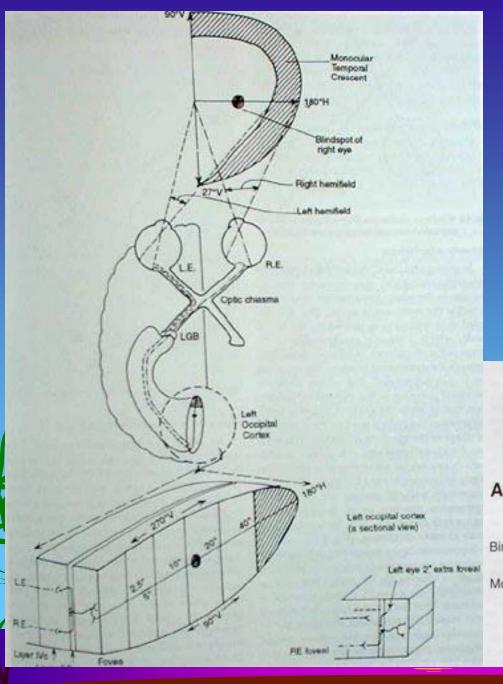


suppression

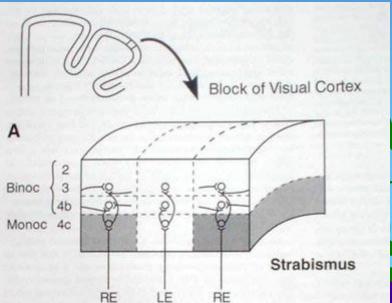


Anomalous retinal correspondence

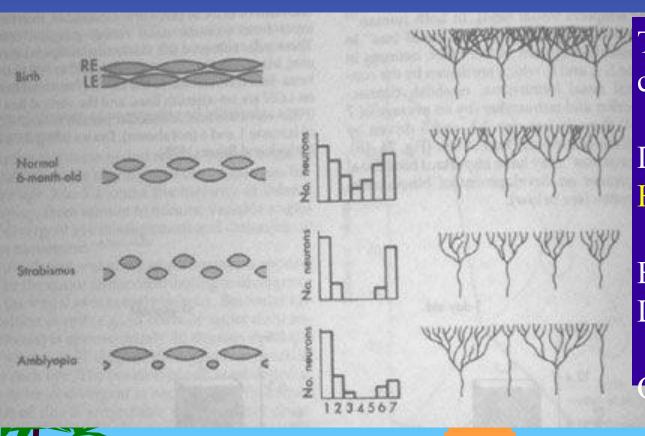




In small angle deviations upto 8pd foveo-extrafoveal areas re-synapse to give Harmonious ARC



Amblyopia: the cortical substrate: social analogy



Two strangers come together

Develop normal Harmonious marriage

Both dominant & fight: Live separately, divorce

One dominates:

Tychsen L. Binocular vision in Adler's Physiology 6th edition

Amblyopia

A developmental anomaly of vision
We are not born with 6/6 vision but acquire it,
Cortex learns a new language that is vision

- Diminution of vision in one or both eyes
- despite best refractive correction
- with no obvious pathology of ocular media or visual pathways
- due to visual deprivation or abnormal binocular interaction
- Is fully correctable if timely done

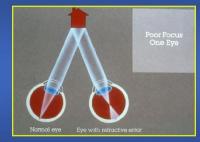
Causes of Amblyopia

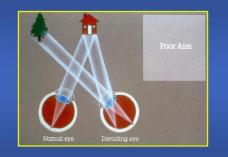
- Stimulus deprivation amblyopia
 - Ametropic: high uncorrected ref error
 - Cataract or media opacities
- Anisometropic amblyopia
 - Unequal uncorrected ref error
 - aniseikonia
- Strabismic amblyopia

 Strabismic amblyopia

 Organic etc.







Mixed etiology is possible, even with organic conditions!

Uncorrected hypermetropic refractive error If you are successful, you Will win some false friend And some true enemies, Makes no effort to Retinal image blur accommodate Accommodation Orthotropia Bilateral ametropic amblyopia Accommodative Succeed anyway. convergence Type A Insufficient В C Sufficient fusional Low or flat fusional divergence AC/A ratio divergence Normal or high AC/A ratio Refractive May not become Esophoria accommodative esotropic in spite esotropia of uncorrected hypermetropia

A story of two kids



Lazy



Strabismus: A Decision Making Approach. St Louis, Mosby-Year Book, 1994, p 95.)

Correcting Amblyopia Occlusion: Full time vs Part Time

- Full time Age dependent alternation
 - Dominant eye vs amblyopic eye
 - Upto 2 years= 2:1
 - 3,4,5,6,6+ = 3:1.4:1,5:1,6:1,same

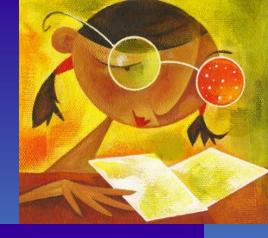


Part Time Occlusion: 6hours/2 hours

Concept of occlusion hours: 120 occl hours =1logMAR imp.
Stewart et.al MOTAS: 2004



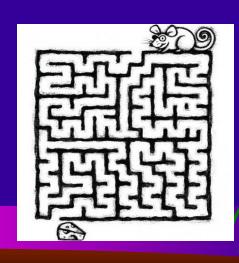
Active Vision Exercises



- Three different kinds of intervention:
- Monocular Perceptual Learning (PL),
- Monocular Videogame Play (VGP)
- Dichoptic PL or VGP

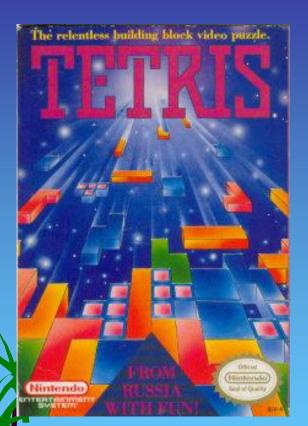








Binocular Vision Stimulation: a new paradigm to treat amblyopia



Binocular videogames exercises whereby the amblyopic eye and the normal eye are used to play binocularly:

Study done at RPC Presented AAPOS, 2019, San Diego

Improvement in BCVA
In Anisometropic Amblyopia:
Occlusion vs Binocular Videogames:
Thesis of Dr Shayeri Roy, AAPOS San Diego 2017

Eye pads to I-pads

Sensory Assessment







Fixation preference
Inference: Left eye has poor vision

Fixation preference test





CSM: Central /Steady/Maintained Fixation Follow eye movements: Horizontal/Vertical

Pearl: If eye prefers to be fixed in adduction: Adduction Null Will require Posterior fixation on MR with recession

Fixation devices: for near and distance





CSM: Central /Steady/Maintained Fixation

Follow eye movements: Horizontal/Vertical drpsharma57@yahoo.com

Fixation devices: for distance

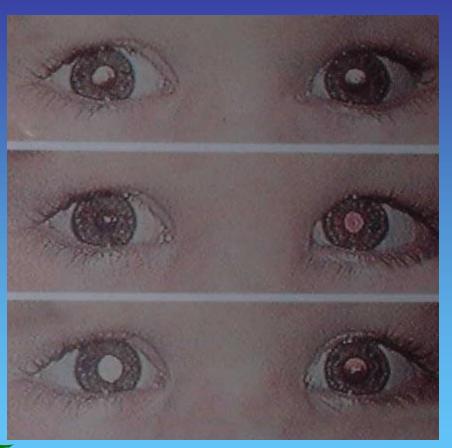


Assessment of poor vision

- Fixation preference
- Maintenance of fixation
- 10 pd prism test
- Tests for amblyopiogenic factors:
 - Bruckner's fundus reflex:photoscreening
- Special visual acuity tests.



Photoscreeners



Hyperopic crescent

Esotrope fixing with RE

Esotrope fixing with LE

Bruckner's test

Methods of visual acuity

1.Detection acuity tests

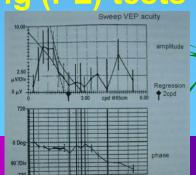


- Catford drum
- Boeck candy beads
- STYCAR graded balls test





- OKN drum
- Preferential looking (PL) tests
- Pattern VEP





Methods of visual acuity

3. Recognition acuity tests

- Picture identification on behavioural pattern
- Picture identification
- Direction identification.

Letter identification

- Cardiff acuity cards
- OKNOVIS
- •Allen's cards
- Sheridan's miniature toys
 - ·Landolt's C
 - •Snellen's E
 - Sjogren's hand test
 - ·Arrows
 - ·Snellen's
- ·Sheridan's letter test
- ·Lippman's HOTV test

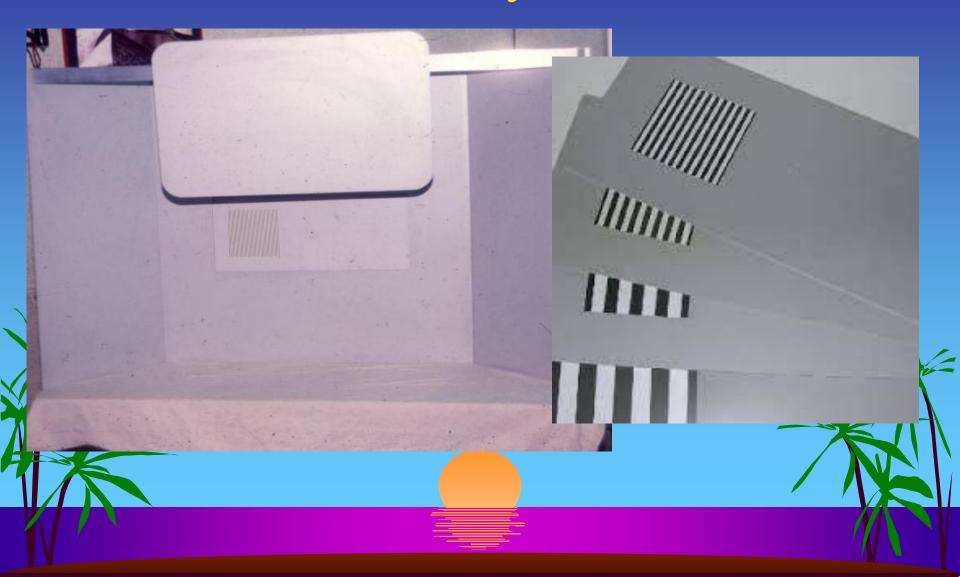
Best for Amblyopia detection

drpsharma57@yahoo.com

Vision screening for infants and children

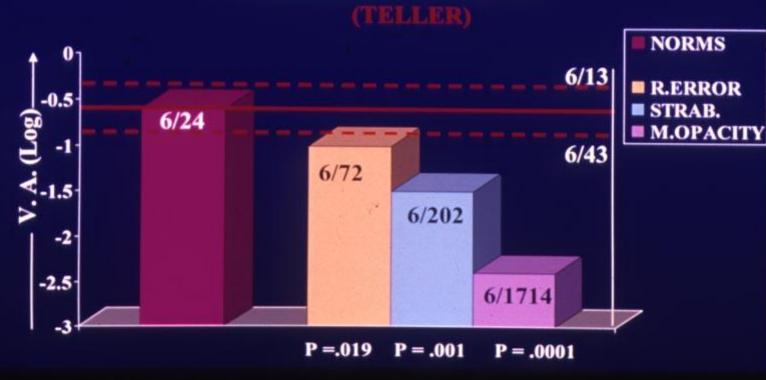
Age	Screening tests	Findings for referral
Birth -6mo	Red reflex testCorneal light reflex testExternal examination	CO,Cataract,RDStrabismusStructural defects
7-12mon	 Red reflex test Corneal light reflex test Occlusion of each eye Fixation and following 	As above Amblyopia
-5yrs	 Red reflex test Corneal light reflex test VA test Stereo acuity 	As above Refractive error Amblyopia

Teller acuity cards



Teller Acuity

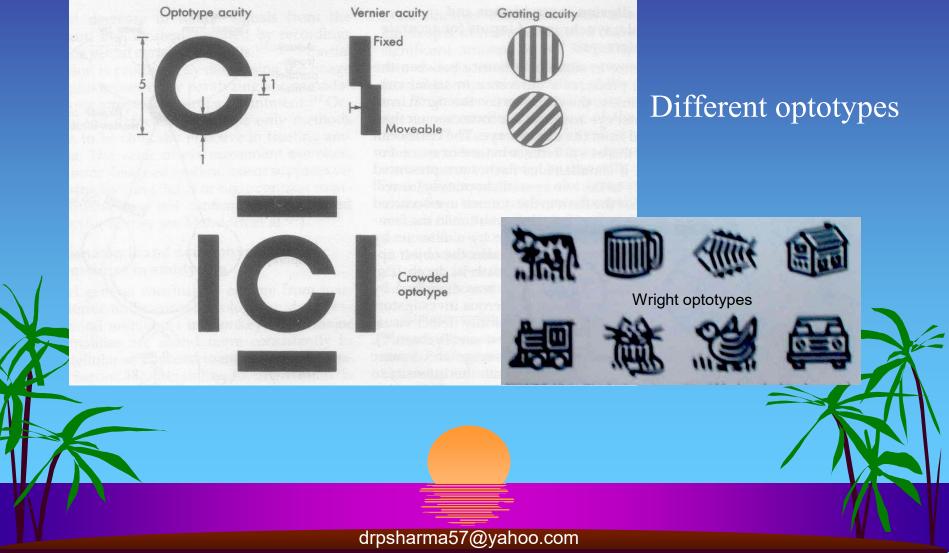


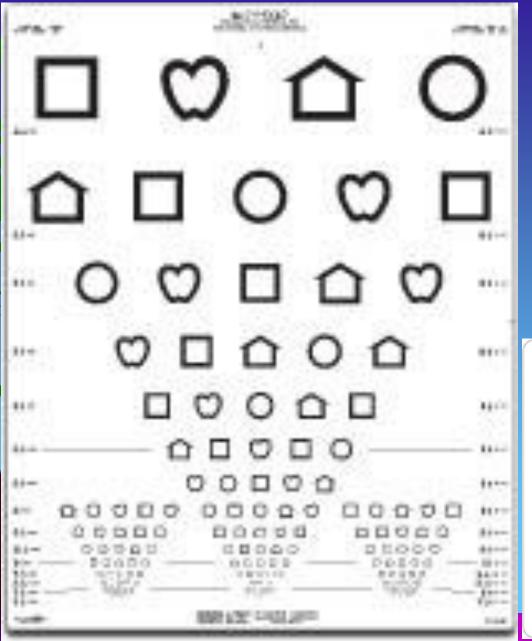


Cardiff Acuity Cards: vanishing optotypes



Assessment of Visual acuity

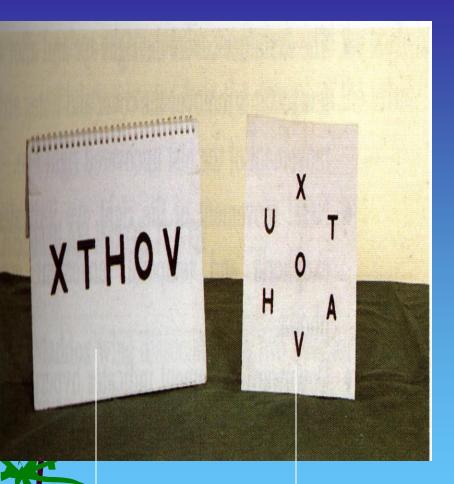




Lea Symbols Chart



Sheridan – Gardner test

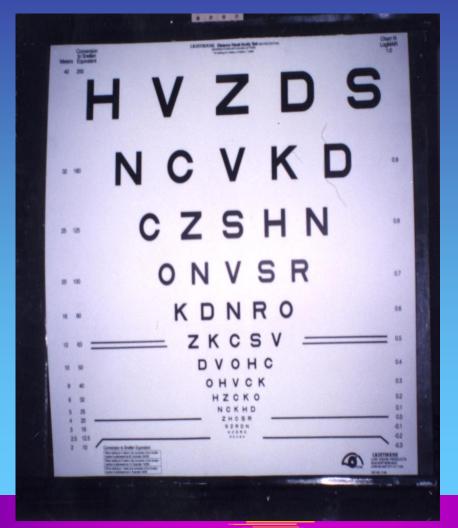




To be identified at 3m and either named or shown in another card with the child.

five letter test 7 letter test

ETDRS Charts LogMAR

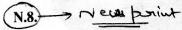




Near Vision Charts

N.5.

The streets of London are better paved and better lighted than those of any metropolis in Europe: there are lamps on both sides of every street, in the mean proportion of one lamp to three doors. The effect processor



Water Cresses are sold in small bunches, one penny each, or three bunches for twopence. The crier of Water Cresses frequently travels seven or eight miles

rose sauce cannon reverse

N.10.

Hearth Brooms, Brushes, Sieves, Bowls, Clothes-horses, and Lines, and almost every household article of turnery, are cried in the

neon verse runner caravan

N.12.

Strawberries, brought fresh gathered to the market in the height of their season, both morning and afternoon,

nuns score severe careers

N.18.

Door-mats of all kinds, rush and rope, from sixpence to four shillings

ROSENBAUM VISION SCREENER

95	S ACC	COMMODATIO	DISTANCE EQUIVALENT
2843	ŀ		$\frac{6}{120}$ 16 $\frac{6}{60}$
638 ⊑ Ш ∃	xoo	14	$\frac{6}{30}$
8745 ∃ ጠ Ш	охо	10	$7 \frac{6}{20}$
6 3 9 2 5 M E ∃	хох	8	$\frac{6}{15}$
4 2 8 3 6 5 W E M	o x o	6	$\frac{6}{12}$
3 7 4 2 5 8 ∋ Ш ∋	х х о	5	$\frac{6}{9}$
9 3 7 8 2 6 W M E	х о о	4	1 6/8
4 2 8 7 3 9 E W M	0 0 x	3 1	1+ \frac{6}{6}

Chart is held in good light 14 inches from eye.

Record vision for each eye separately with and without glasses.

Presbyopic patients should read through bifocal segment.

Check myopes with glasses only.

Also used for testing computer distance or intermediate distance

Age appropriate Vision test

	• •
Tests of visual	aculty
I Coto di Viona	lacuity

Age most suitable

Preferential-looking (PL) Gratings-based (Teller, Keeler)

3-18 months

Vanishing Optotypes (Cardiff)

12-30 months

Picture Matching (Kay, Elliott)

2-4 years

Single letter (Sheridan-Gardiner, Sonksen-Silver)

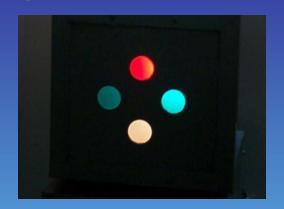
3-5 years

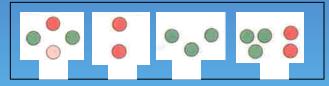
Linear Snellen and log MAR (Bailey-Lovie, Glasgow)

4 years and on

Binocular testing







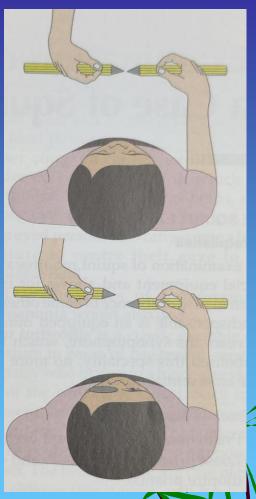
Worth 4 dot test





Modified Lang's 2 pencil test





Simple bedside test works well to demonstrate gross stereopsis

Nongpiur M and Sharma P. Horizontal Lang two-pencil test as a screening test for stereopsis and binocularity Indian J Ophthalmol: 2010

Assessing stereo-acuity







test for stereoscopic vision

Laméris Instrumenten b.v.

RANDOT with polaroid glasses

TNO test with rest

Distance stereoacuity

Frisby Davis Distance, FD2



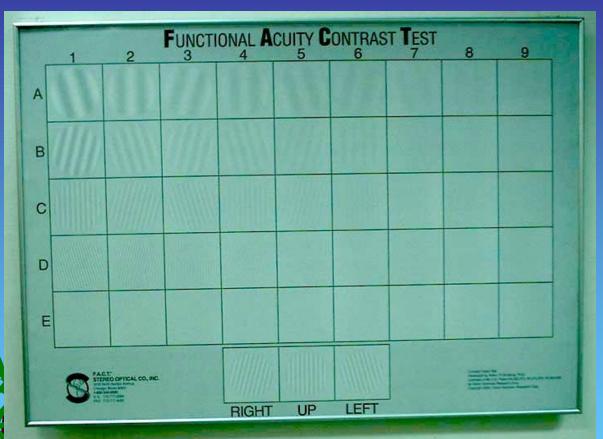


Distance Randot



Done at 3 metres distance: 400, 200, 100 & 60 secs of arc

Assessing contrast sensitivity

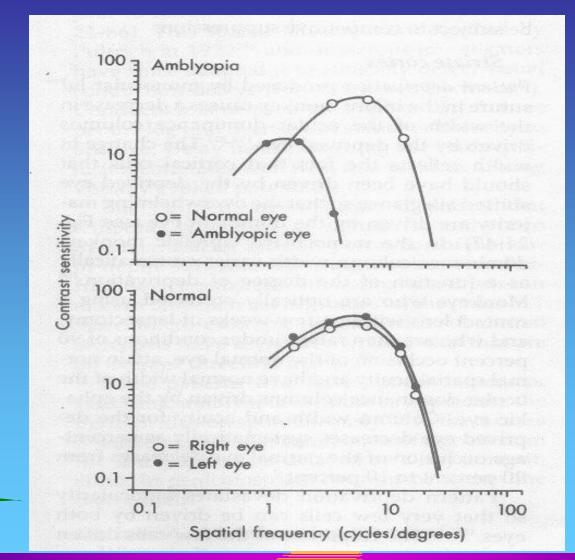




chart

Functional Acuity Contrast Test

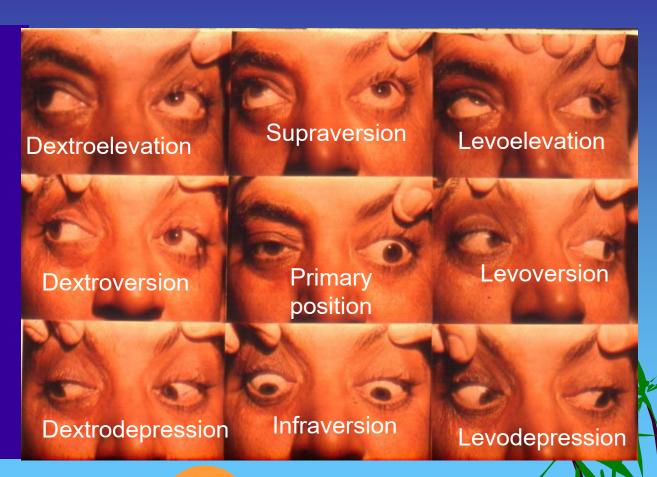
Assessing contrast sensitivity



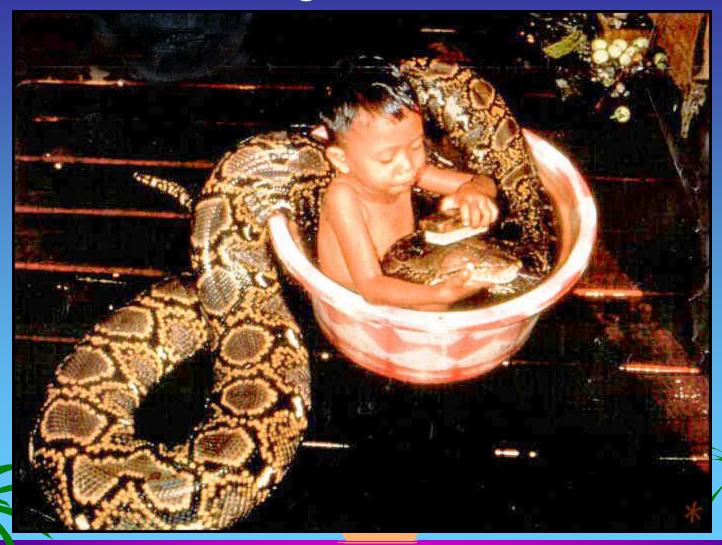


Different gaze positions

- Horizontal:
 - Esotropia
 - Exotropia
- Vertical:
 - Hypertropia
 - Hypotropia
- Torsional
 - Incyclotropia
 - Excyclotropia



Taming the Terrible



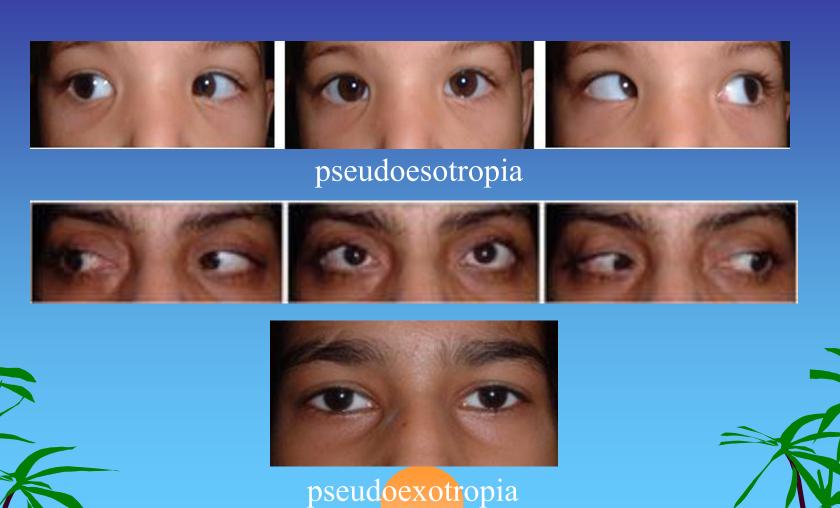
Recipe in Strabismus: OCIPE

- Observe
- •Confirm
- •Infer
- •Plan
- •Execute





Pseudostrabismus



Cover test







Sook at the movement of the other eye as one eye is covered

Cover- Uncover test







Look at the movement of the left eye as right eye is covered

Cover test



the straight eye is covered

Cover Uncover test



Prism Cover Test







Use prisms for deviation and not degrees from Hirschberg!

Simultaneous Prism Cover Test vs Alternate Prism Cover Test

- Simultaneous Prism Cover Test is to measure a tropia
 - The apparently straight eye is covered while we measure the deviation of the "deviating" eye.
- Alternate Prism Cover Test is to measure a phoria (including a tropia)
 - Prisms applied till the movement of redressal of the "uncovered" eye is no more





Simultaneous Prism Cover Test



Alternate Prism Cover Test



Simultaneous PBCT is to measure a tropia

Alternate PBCT is to measure a phoria also



Fig. 2.2 On the bottom is a 40 Δ prism. On top of that is a sandwich of two 20 Δ prisms. The top prism sandwich has a much greater value than the 40 Δ prism, as evidenced by it displacing the image of the pencil much further

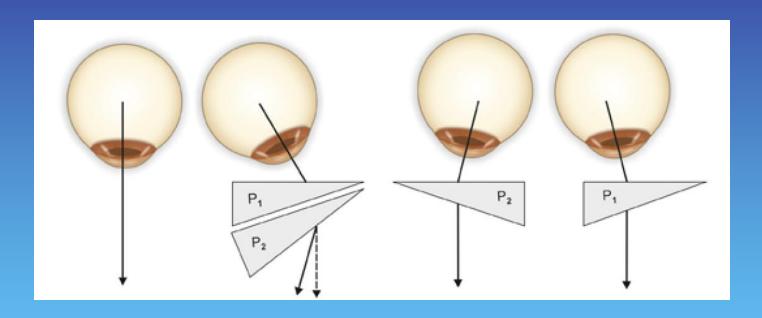
Stacking prisms

2+2 is not =4, but =5
Kushner, Strabismus, 2017





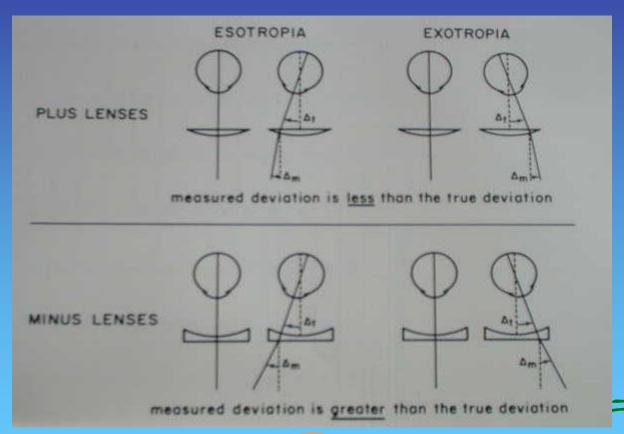
Pre-operative perils: Faulty examination technique for Prisms



Do not stack prisms split them over the two eyes

Pre-operative perils:

Faulty examination technique



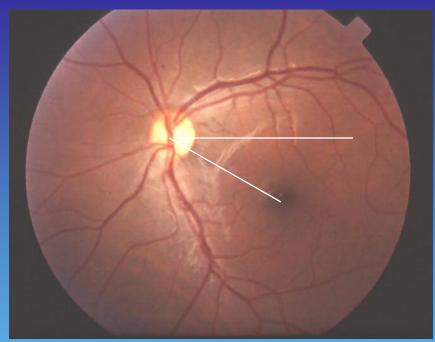
Error significant for more than 20pd deviations and more than $\pm 5D$ power

the induced prismatic effect in deviations thru

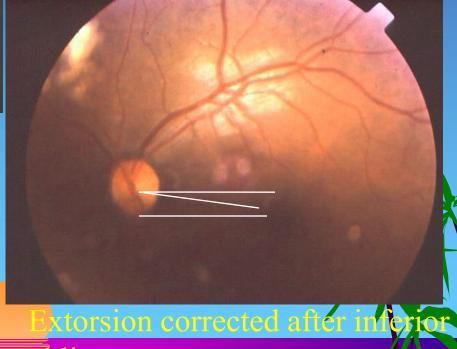
Measured deviation in PD	Myopic spectacle power														
	-1	-2	-3	-4	-5	-6	-7	-8	-9	-10	-12	-15	-20	-30	
5	5	5	5	4	4	4	4	4	4	4	4	4	3	3	
10	10	10	9	0	0	0	0 0	0		0	0	7	7	6	
15	15	14	14	Esotropic hyperope Esotropic myope Induced base out Induced base in								11	10	9	
20	20	19	19		_					-		15	13	11	
25	24	24	23										17	14	
30	29	29	28	(20	17	
35	34	33	33	2000								25	23	20	
40	39	38	37										26	23	
45	44	43	42		-	33	30	26							
50	49	48	47									36	33	29	
60	59	57	56			OL.D			- 1	1.00		44	40	34	
70	68	67	65			~			0	~		51	46	40	
	Hyper	Hyperopic spectacle power													
	+1	+2	+3		Evo	tronic hyper	-000		Evot	ropic myope		+15	+20	+30	
5	5	5	5	Exotropic hyperope Induced base in					Induced base out				10	20	
10	10	11	11										20	40	
15	15	16	16		24									60	
20	21	21	22		-	_	-			1		32	40	80	
25	26	26	27	- 1				6	-			40	50	100	
30	31	32	32		0	1 1		- 19	9	6		48	60	120	
35	36	37	38									56	70	140	
40	41	42	43			/ N						64	80	160	
45	46	47	49		- 1	امر			C	2		72	90	180	
50	51	53	54							0		80	100	200	
60	62	63	65	67	69	71	73	75	77	80	87	96	120	240	
70	72	74	76	78	80	82	85	88	90	93	100	112	140	260	



Extorsion on fundus examination

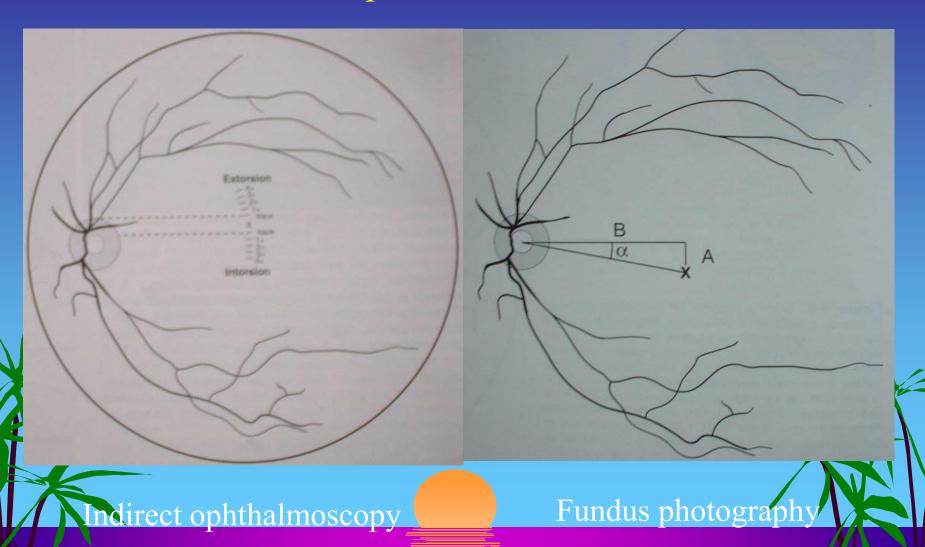


Extorsion with inferior oblique reraction

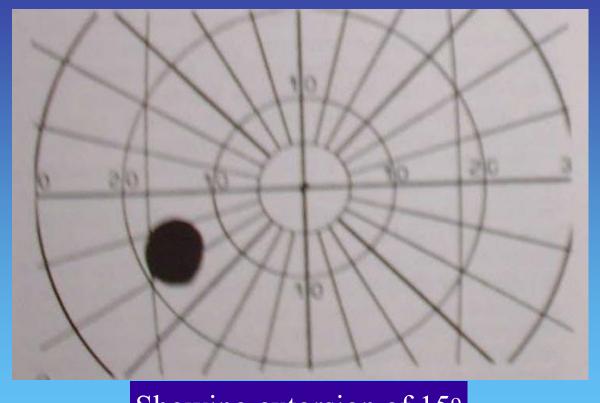


oblique surgery

Torsional position: fovea & disc



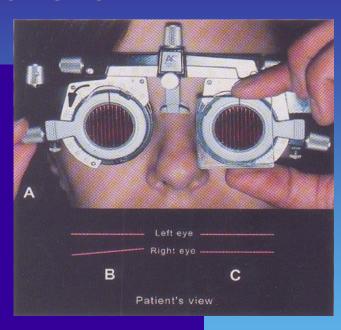
Blind spot charting



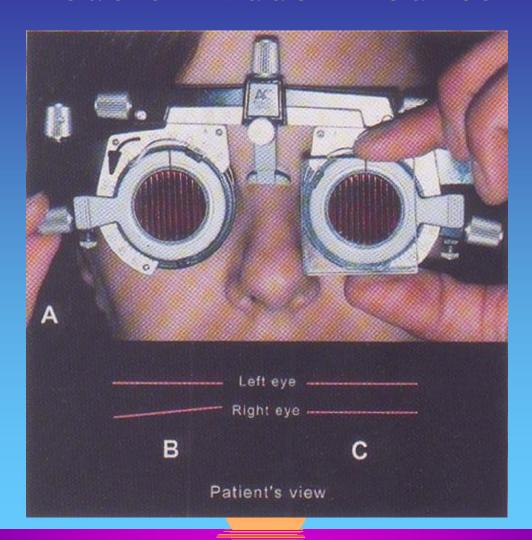
Showing extorsion of 15°

Measurement of torsion

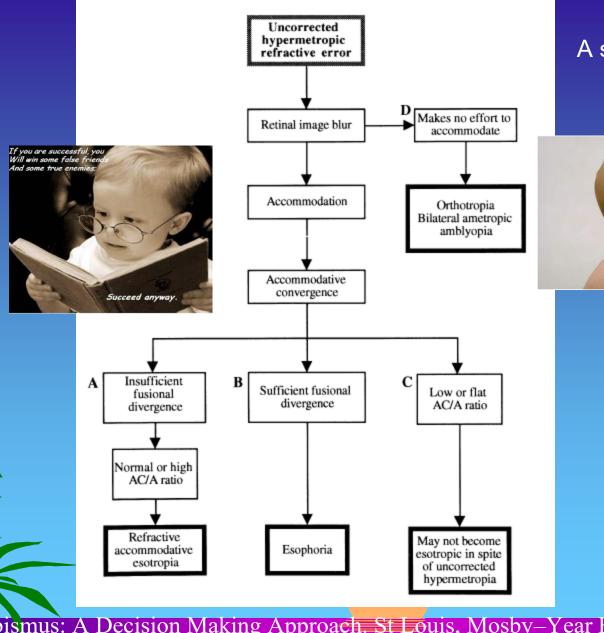
- Subjective torsion
 - Diplopia charting
 - Lancaster red-green chart
 - Double Maddox rod test
 - Bagolini(loose) glasses
 - Synoptophore with after image slides
 - Polaroid stereoprojector



Double Maddox Rod test







A story of two kids



Strabismus: A Decision Making Approach. St Louis, Mosby-Year Book, 1994, p 95.

Accommodative esotropia





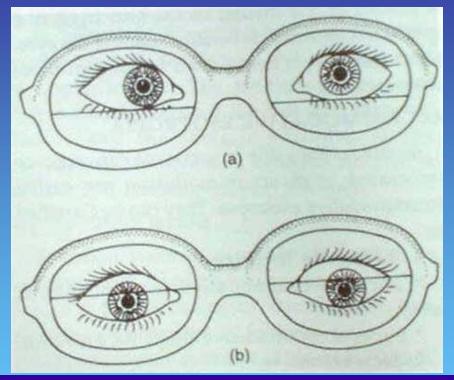
Accommodative Convergence excess







Accommodative esotropia



proper

If convergence excess: check for Bifocals: executive type.

Partially Accommodative Esotropia





Esodeviation for distance despite full correction

AC/A ratio: Heterophoria method

$$AC/A = IPD + \Delta n - \Delta d$$

Example: IPD = 5.5cm, Δ n= 30 PD base out, Δ d= 25 PD base out

AC/A = 5.5 + ((+30)-(+25))/3

= 5.5 + (30-25)/3

= 5.5 + 1.6

 $= 7.1^{\Delta} / D$

Normal range: 5-7.5^{\(\Delta\)} / 1 Diopter



AC/A ratio: Gradient method

$$AC/A = \underline{\Delta}_{\underline{G}} - \underline{\Delta}_{\underline{G}}$$

Example: $\Delta_0 = 15$ PD base in, $\Delta_G = 7$ PD base in, G = -2.00Dsph

$$AC/A = (-7)-(-15)/2$$

= $(-7 + 15)/2$
= $+8/2$
= $4^{\Delta}/D$

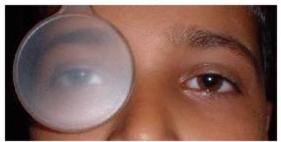
Normal range: $3 - 5^{\Delta}/1$ Diopter

Use Minus 2D glasses for distance And Plus 3D glasses for Near

Divergence excess Exo

Distance







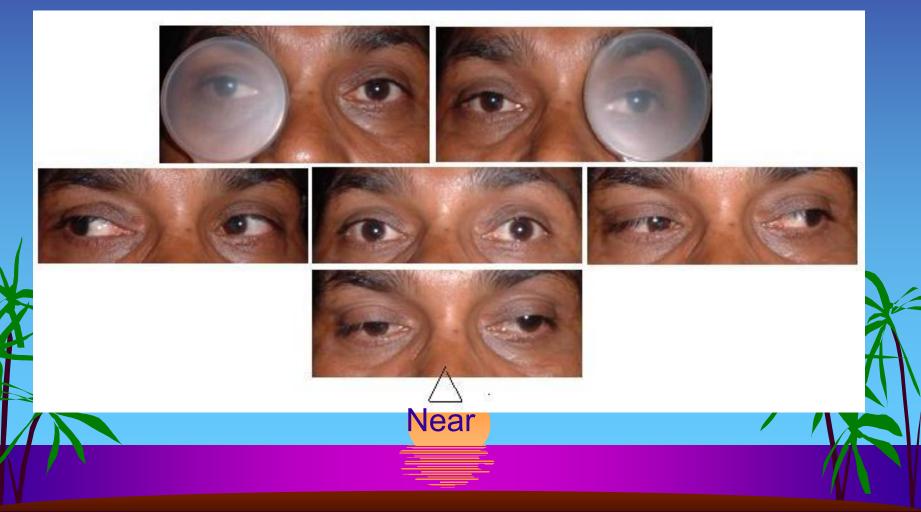




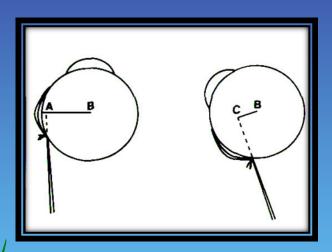


X(T) convergence insufficiency

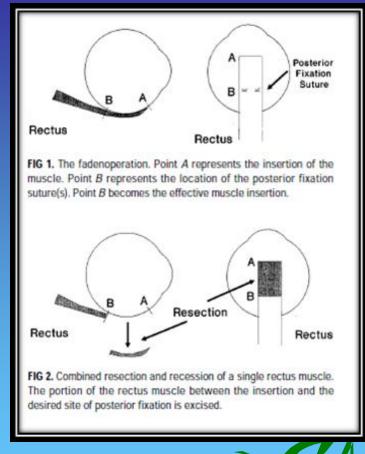
Distance



Tackling Near Distance Disparity



Faden operation



Combined resection and recession

Different inferences of measurement

- (1) Difference between distance and near fixation to determine its nature as to:
- esotropia: basic/convergence excess/divergence insufficiency.
- exotropia: basic/ convergence insufficiency/divergence excess.
- (2) Deviation in nine different gazes to determine any incomitance (paralytic, restrictive or spastic).

Different inferences of measurement

- 3) Deviation in up gaze and down gaze for A-V patterns.
- (4) Deviations with each eye fixating for primary and secondary deviation in cases of paralytic squint.
- (5) Deviations with subjective method and objective method to determine the type of retinal correspondence (normal or anomalous).

Different inferences of measurement

(6) Deviations after prolonged cover to differentiate a true divergence excess type from the simulated divergence excess exotropia as also to determine the fully dissociated deviation

(7) Deviations with and without glasses:

Basic vs dynamic (Accommodative ratio)

Diagnosis of significant V- pattern

Difference between up and down gaze: over 15 pd for V pattern

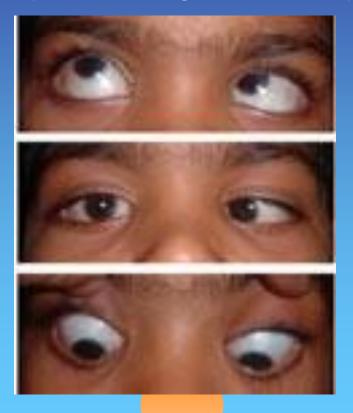


V-Exotropia



Diagnosis of significant A- pattern

Difference between up and down-gaze :over 10 pd for A pattern



A-Esotropia



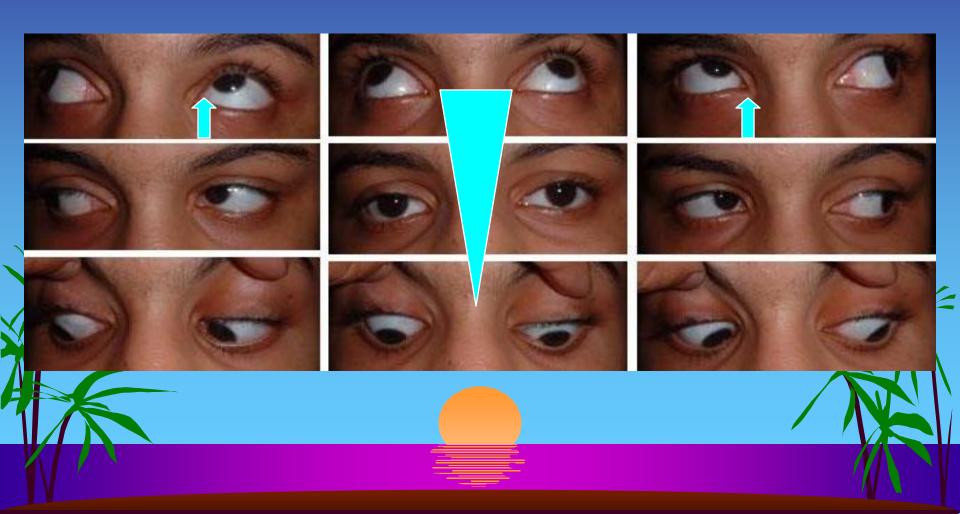
Diagnosis of significant A-V pattern

- Measure the horizontal deviations with PBCT
 - in primary position
 - in 25deg up-gaze
 - in 25/35deg down-gaze

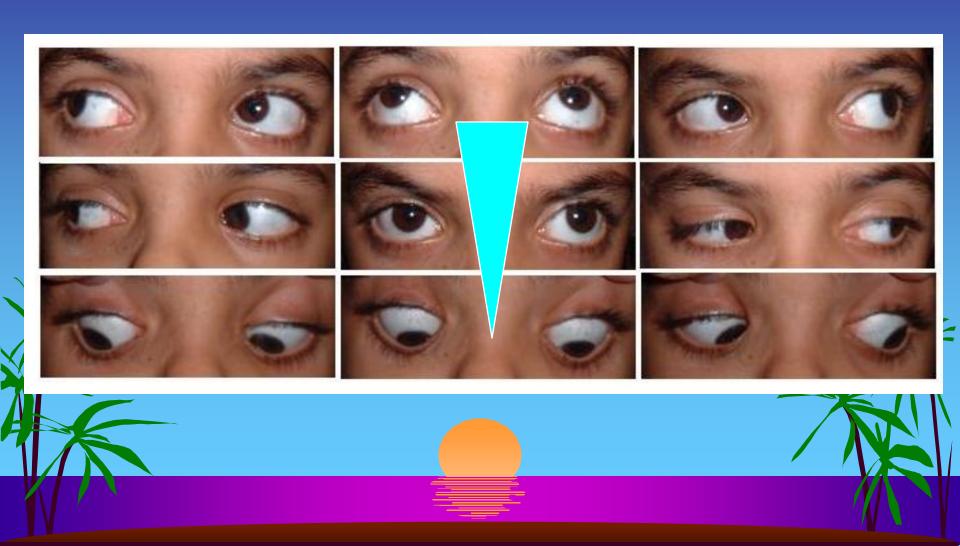




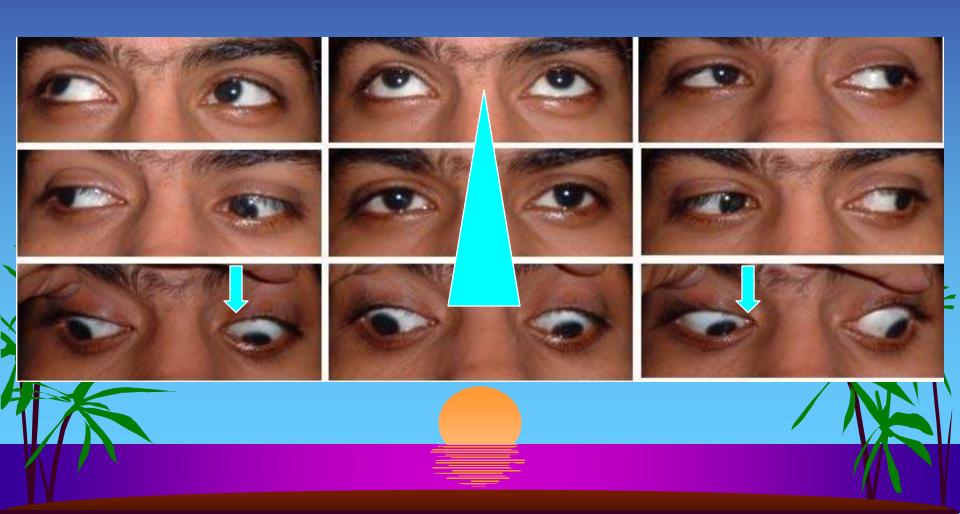
V-Exotropia with IOOA



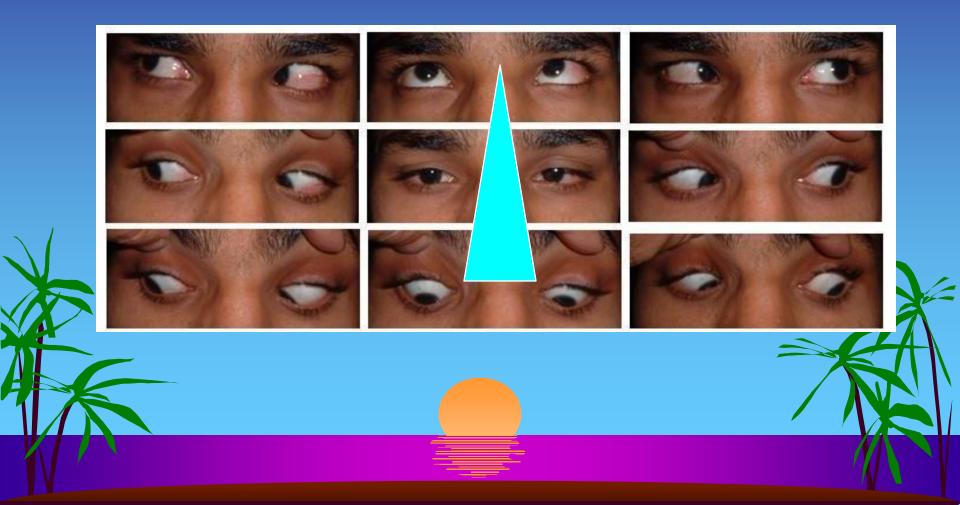
V-Exotropia without IOOA



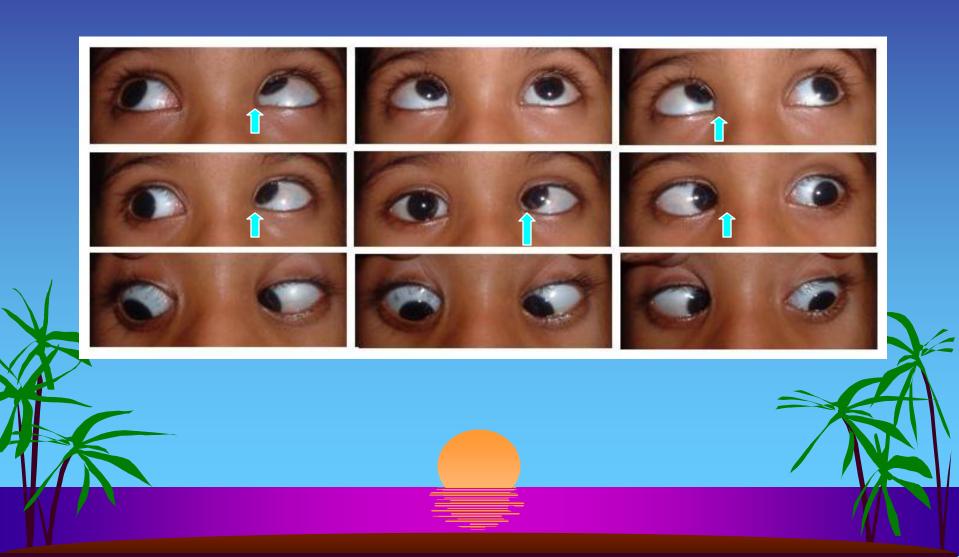
A-Exotropia with SOOA



A-Esotropia without SOOA



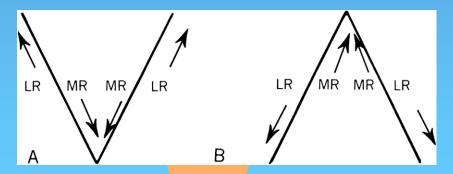
V-Esotropia with Asymmetric IOOA Left more than Right



How much surgery should I do?

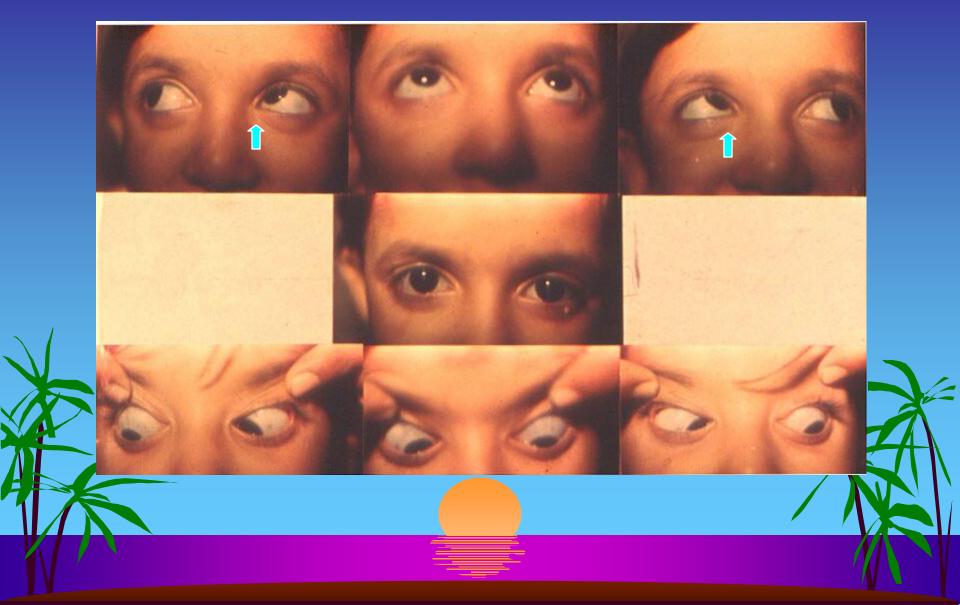
Horizontal muscles recession/resection decided on the horizontal deviation in the primary position (as per the surgical norms)

For the collapse of extent of A V pattern weaken the obliques along with the horizontal surgery (20 to 30pd) or differential R&R (20pd) or slanting reinsertions (15pd)





Pure V pattern: Exo -upgaze and Eso -downgaze with bilateral inferior oblique overactions



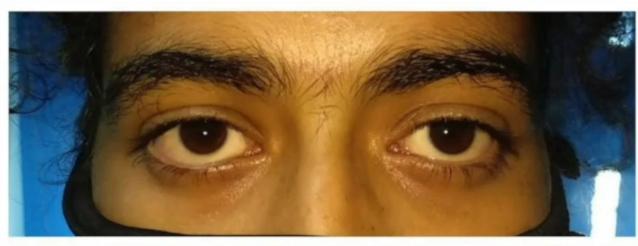
Pure V after Inferior oblique recession and anteropositioning



Dissociated Vertical Deviation

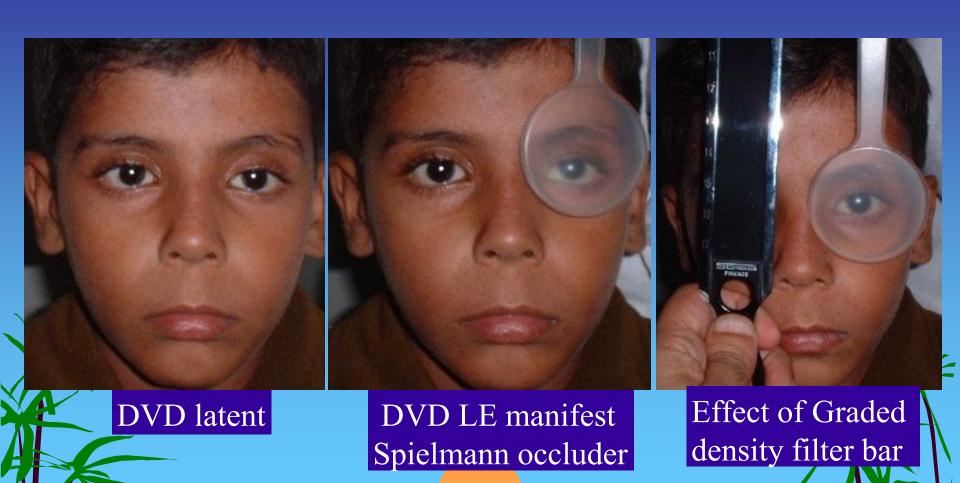


DVD: Dissociated vertical deviation

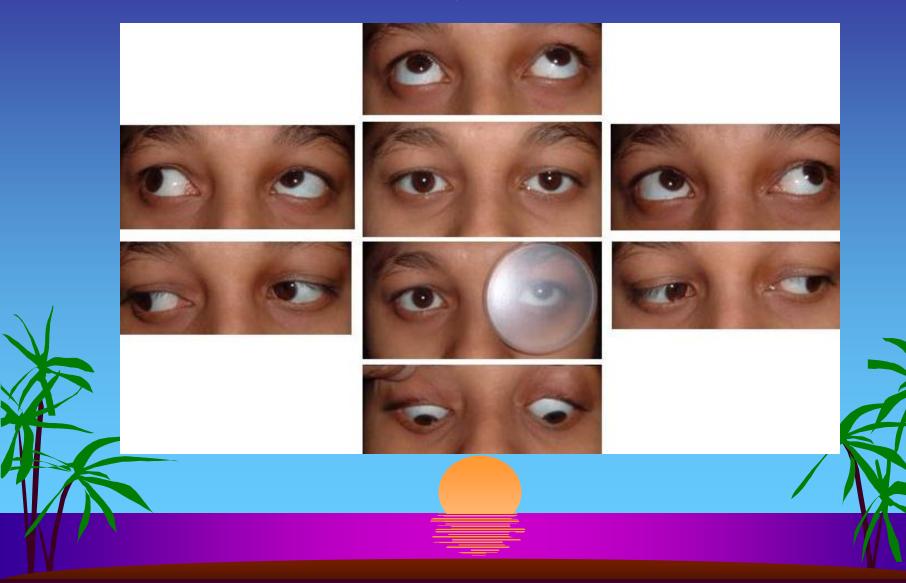




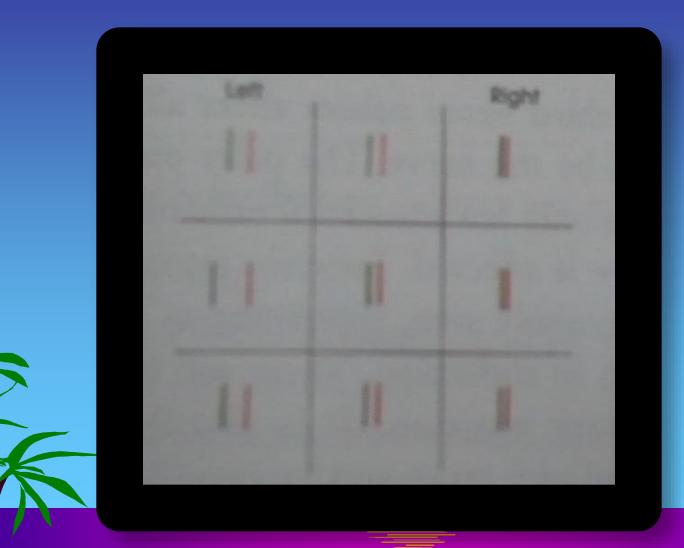
Depth of suppression in DVD



DVD: left eye with IOOA



Diplopia charting of Left LR palsy



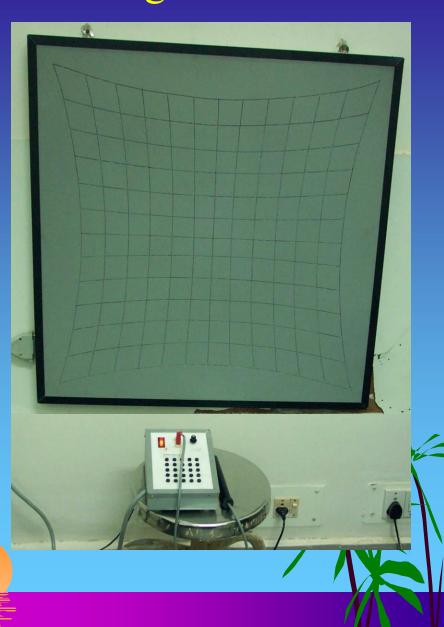


Paralytic strabismus:investigations

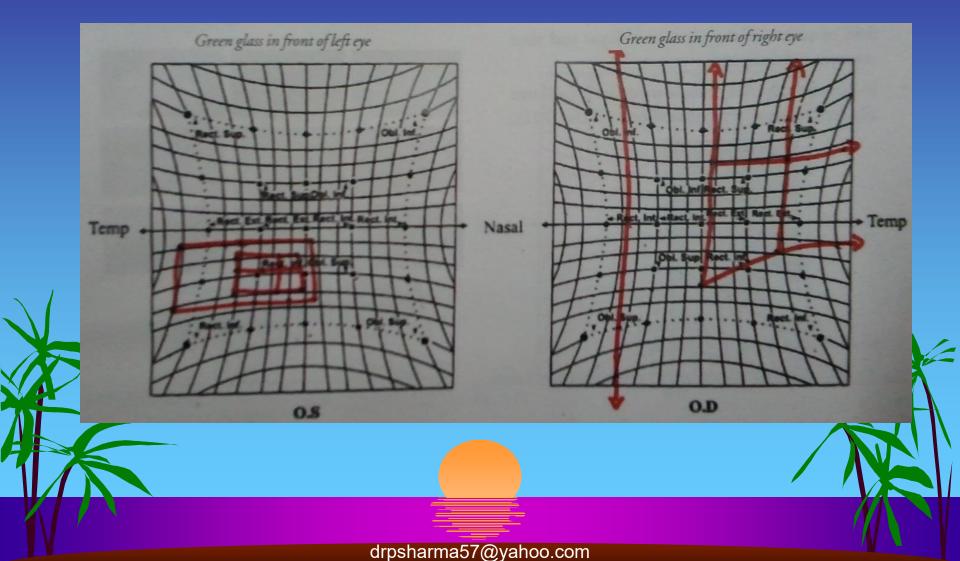


Lees charting

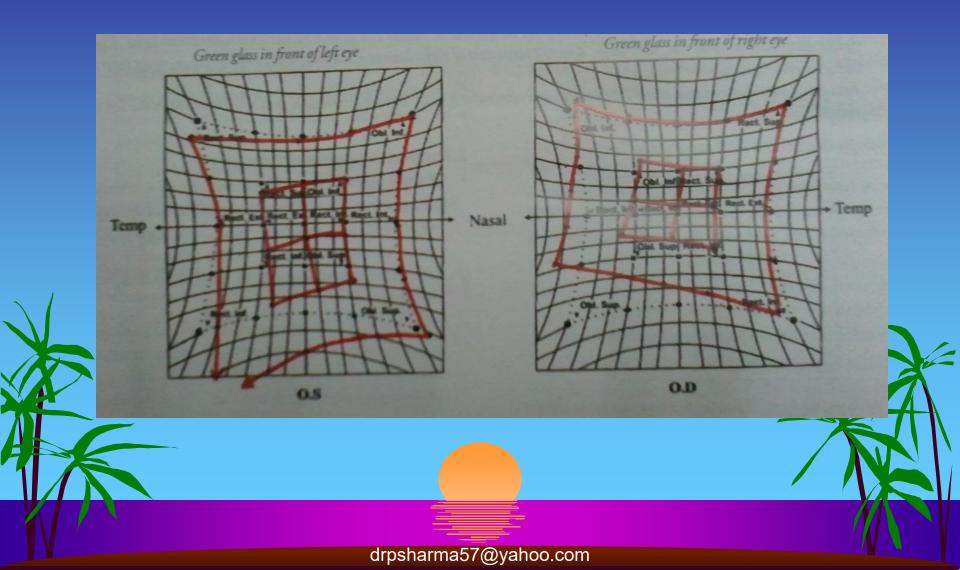
Hess charting



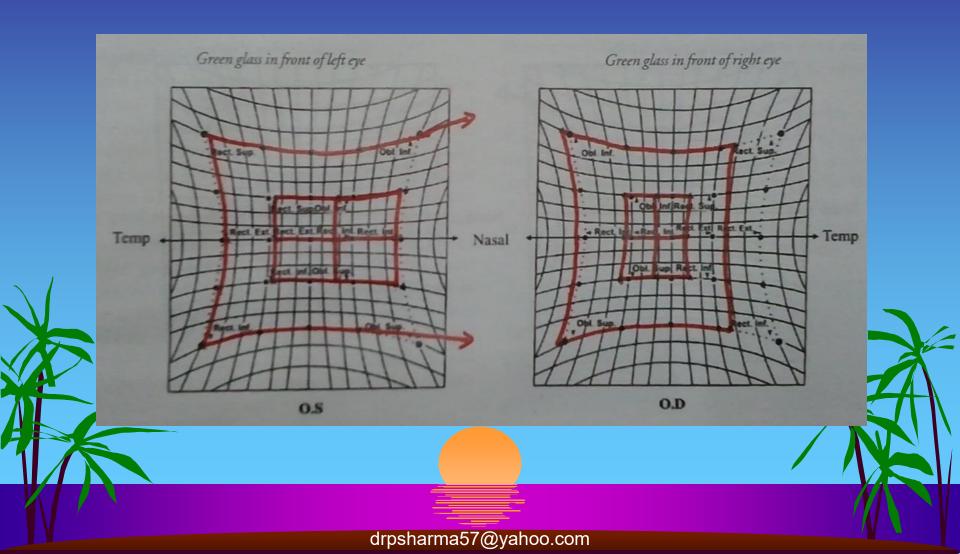
Hess charting: Left eye III N palsy: Left MR,SR,IR,IO underaction



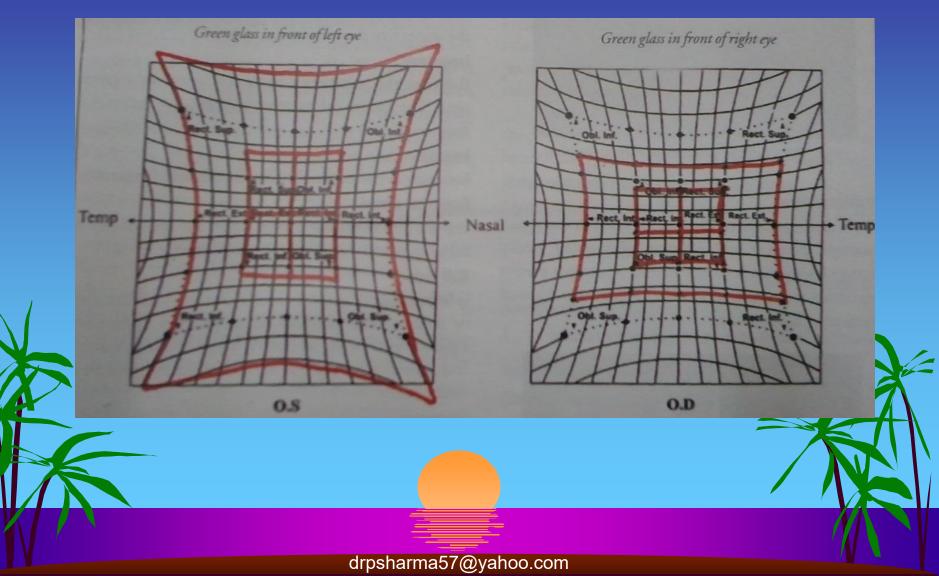
Hess charting: Right eye IV N palsy: RSO underaction: recent onset

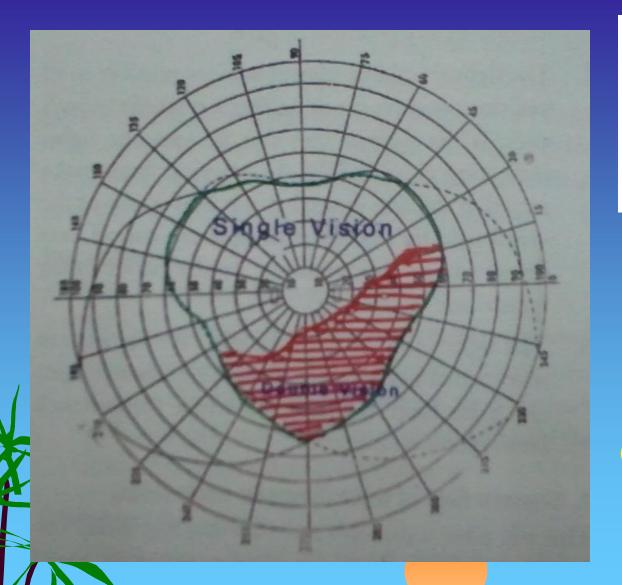


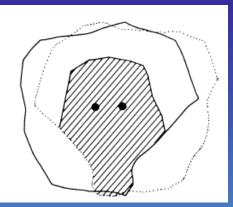
Hess charting: Right eye VI N palsy: LR underaction recent onset



Hess charting: Blow out Fracture Right eye







Binocular fields of fixation:
Charting fields of binocular single vision

Non Surgical Management

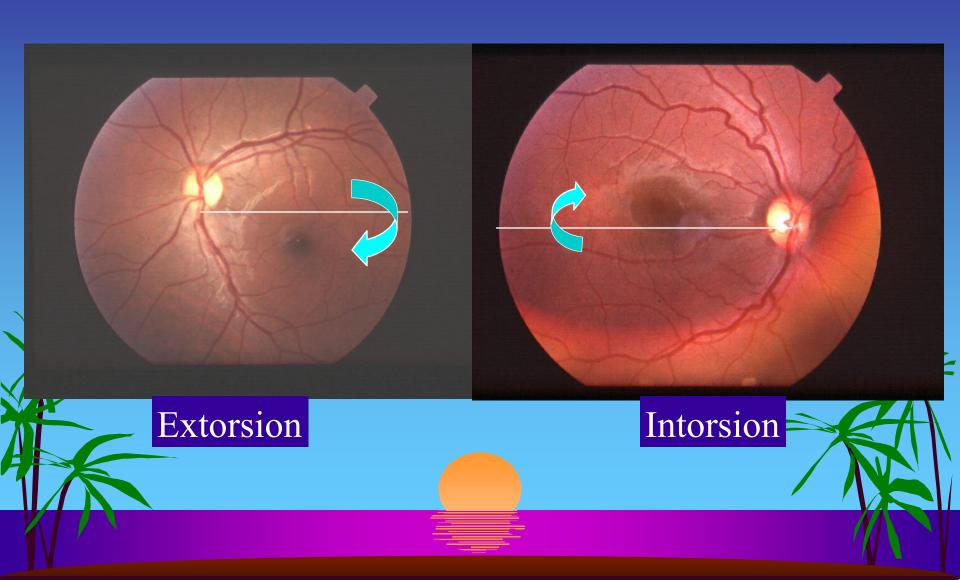
- Glasses: Even hyperopes gain
- Amblyopia therapy
- Orthoptic exercises:
 - Synoptophore/Antisuppression
 - Sustenance/Pencil pushups
 - Prismbar/stereoscope
- Overminus lenses
- Fresnel and ground prisms



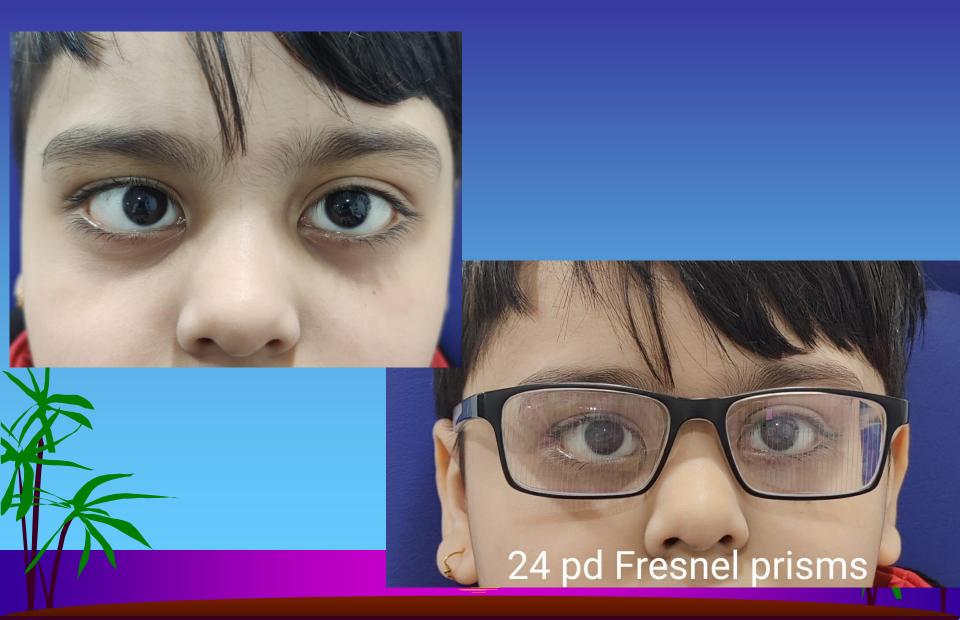




Role of torsion



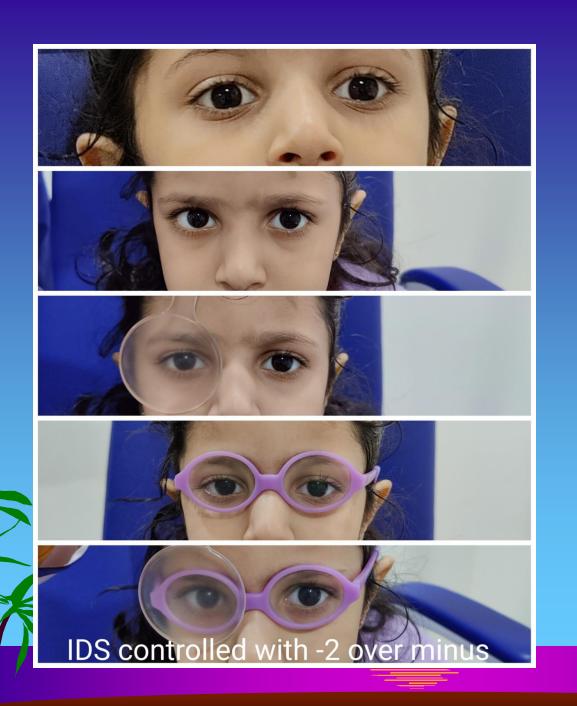
Fresnel prisms



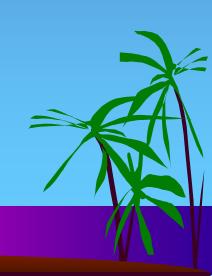
Improve fusional convergence: Making them aware of Physiological diplopia







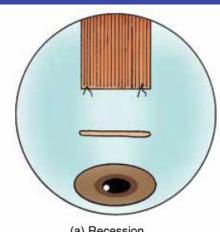
Over Minus lenses in IDS



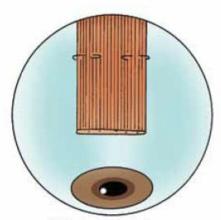
Strabismus Surgery: Weakening procedures

- Recession
 - conventional
 - hangback
 - Adjustable
- Retro-equatorial myopexy(Faden)
 Marginal myotomy

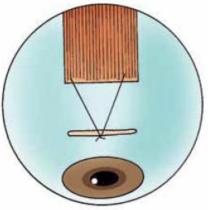




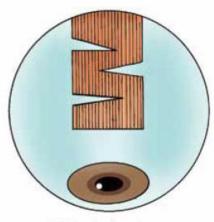
(a) Recession (conventional)



(c) Retroequatorial myopexy, or Faden or Posterior Fixation



(b) Hang-back recession (Adjustable similar)



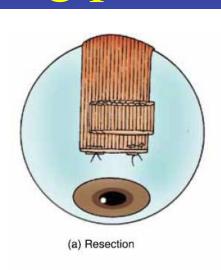
(d) Marginal myotomy

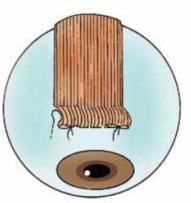
Strengthening procedures

- Resection
- Advancement
- Plication/ Double breasting/ cinching

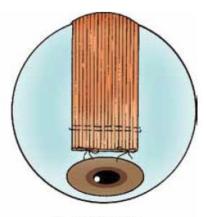
Transposition of other muscles.

Tucking (SO)

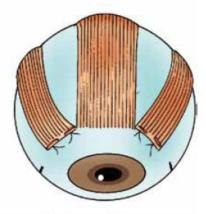




(c) Double breasting and Cinching



(b) Advancement



(d) Transposition of adjacent recti

From Pradeep Sharma's Strabismus Simplified. CBS Publishers Delhi

Recession Surgery



A case for early alignment: KW Wright's son then and later



From KW Wright's Pediatric Ophthalmology and Strabismus

Critical periods to remember for treatment: Cricket's rule of 4s & 6s

- 4-6 weeks: Congenital cataract
- 4-6 months: Infantile esotropia
- 4-6 years: Intermittent exotropia Nystagmus etc

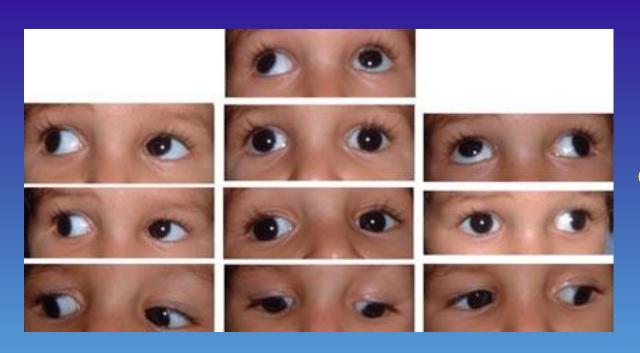


Timing of surgery: Exotropia

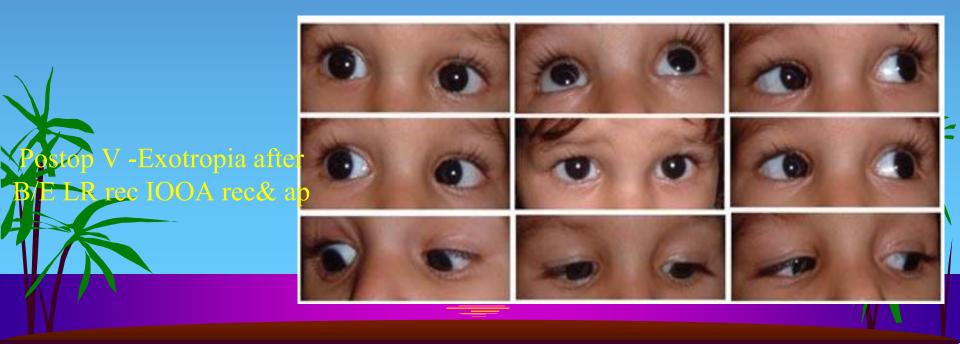
- Exotropia: if constant operate early.
 - Wait and watch only if intermittent.
 - Observe distance/near stereopsis.



Remember Exotropia may be a lesser evil than Esotropia But only for Amblyopia! but equally detrimental for BSV!



Child with exotropia with V pattern with B/E IOOA



Pre op

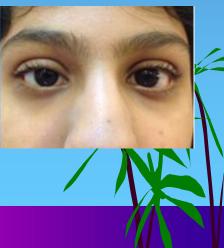
Be a Squintellectual!





Post op





The Pursuit of Stereopsis: The new Goalpost

The goal is not just 20/20 or 6/3 vision with good near vision J1 in each eye but also good stereopsis and good fusion

We are not just treating Strabismus, but Restoring Binocular Vision and Stereopsis!!



Our Mission



Spreading Sight and Happiness
For kids the world across!
Maintaining the stereopsis
And restoring the loss!





drpsharma57@yahoo.com

Strabismus Simplified

Second Edition

Strabismus is a subject that has always been looked with awe and fear due to its complexity. But the problems of binocular vision and ocular motility are the most common to be confronted by the ophthalmologist. Next to cataract surgery, squint surgery is the most common surgery performed by ophthalmic practitioners. We cannot evade it. In fact, we would love it, for it is the least demanding except for a little understanding. There are far fewer facts to memorise by rote compared to other specialities. It is more or less like mathematics, which serves all our life, provided we comprehend it. The attempt of this book is to simplify strabismus, demystify the myths surrounding it and make strabismus understood. That is why the title Strabismus

The author had the great fortune to learn the tricks of the trade from Dr Prem Prakash, one of the pioneers of strabismology in India and further fine tune that skill with the stalwarts in the United States. He has performed over 25,000 squint procedures and he is sharing his rich experience with the readers to restore and promote binocular vision of each and every child.

This edition features a thorough revision of text, profusion of images, and full colour diagrams and clinical pictures. Also included is a CD containing the videos of important surgical procedures on horizontal rectus and the oblique muscles.

Pradeep Sharma MD FAMS

is currently Professor of Ophthalmology at Dr. Rajendra Prasad Centre for Ophthalmic Sciences, Ali India institute of Medical Sciences, New Delhi. He has had the privilege of being first an undergraduate medical student and then the postgraduate student at the prestigious AlIMS, where he continues to serve as a faculty, an association of over 38 years. He has to his credit over 150 scientific publications in various inter-national/indexed national journals in addition to presentations at various conferences. He was awarded Col. Rangacharl Gold Medal, Dr. Athawale



Award of All India Ophthalmological Society, 1994 and 2001, and several orations and awards from several state ophthalmic societies. He is a faculty for ORBIS, the Flying Eye Hospital. He was awarded international fellowship of international Strabismological Association for advanced training in Jules Stein Eye Institute, UCLA, Los Angeles, Wills Eye Hospital, Philadelphia, and Richmond Eye Institute, Richmond, VA in USA. He has also written another book Essentials of Ophthalmology.



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Pradeep Sharma





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drpsharma57@yahoo.com



