

Studies on the Orthoptics for Intermittent Exotropia

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Abstract

Intermittent exotropia [X(T)] has various clinical aspects, such as the occurrence of strabismus despite the presence of underlying binocular single vision and postoperative recurrence. This paper discusses the orthoptics used in treating X(T) in order to reduce deviation. Typical X(T) recurred four years after strabismus surgery, although the binocular function was still maintained. In recurring cases with a deviation of 20 X(T) or more, V-type exotropia recurred despite surgical recession of the inferior oblique muscle. In 23 patients that used Uchida color lenses after surgery, it was noted that squinting disappeared in more than 93% of the cases, and the angle of deviation decreased in 83% of the patients. Botulinum therapy was administered in cases which showed surplus discharge from the lateral rectus muscle on EMG. As a result, exophoria was normalized in 6 (50%) of 12 patients. From these results, it was concluded that because X(T) has various clinical aspects, careful planning for orthoptics is required.
