



Adjunct Therapy for TBI, Neck Pain, Gait/Balance Disturbances and Falls in the Elderly:

#### **Microprism Lenses and Sound Attenuation**

Debby Feinberg, OD, FAAO Mark Rosner, MD, FACEP, FAAO









# Vision Specialists of Michigan



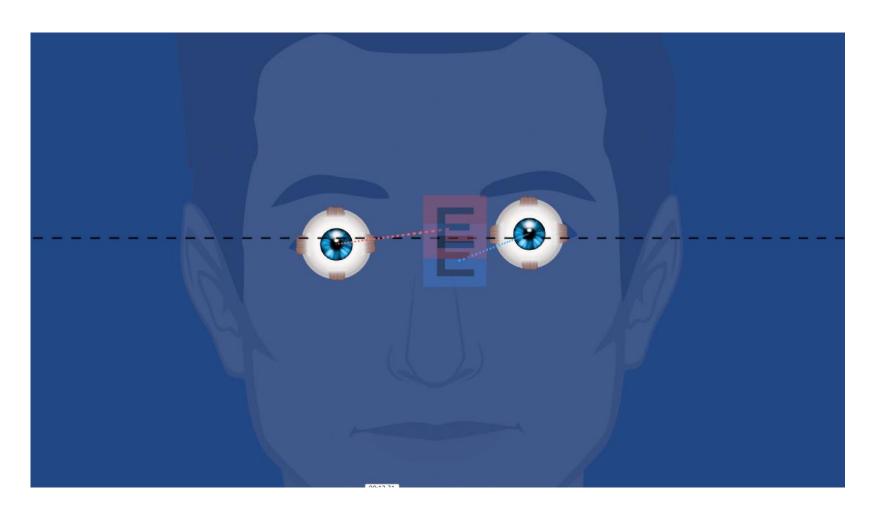
#### Binocular Vision Dysfunction

Eyes not working together in a coordinated fashion

#### Vertical Heterophoria

Line of sight from one eye is above/below line of sight from the other eye when fusion is disrupted







### **Symptoms**



















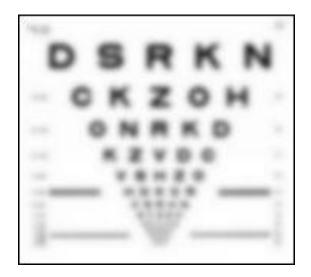




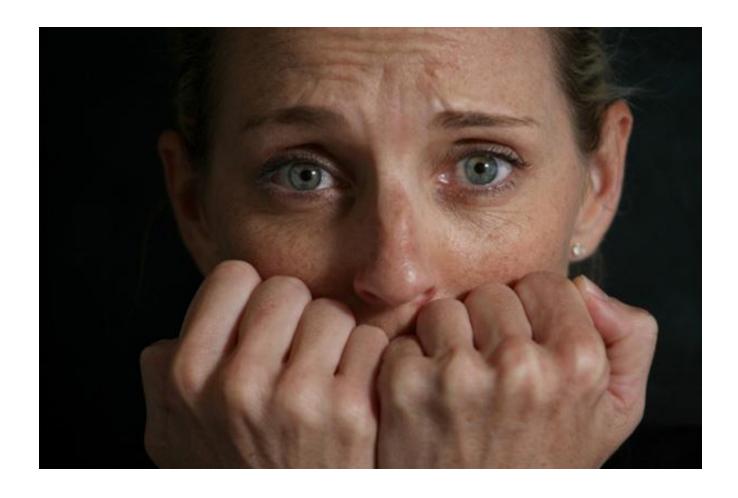














#### Prior Diagnoses:



Meniere's or Atypical Meniere's

Migraine Associated Vertigo (MAV) / Vestibular Migraine

Labrynthitis

Vestibular Neuronitis

Benign Paroxysmal Positional Vertigo (BPPV)

Chiari Malformation

Persistent Positional Perceptual Dizziness (PPPD)\*\*

Chronic Subjective Dizziness\*\*

Psychogenic Dizziness\*\*



Meniere's or Atypical Meniere's

Migraine Associated Vertigo (MAV) / Vestibular Migraine

Labrynthitis

Vestibular Neuronitis

Benign Paroxysmal Positional Vertigo (BPPV)

Chiari Malformation

Persistent Positional Perceptual Dizziness (PPPD)\*\*

Chronic Subjective Dizziness\*\*

Psychogenic Dizziness\*\*

#### **Pain**

Migraines / Vestibular Migraine

Muscle tension headaches

Sinusitis

Chronic neck pain / Torticollis



Meniere's or Atypical Meniere's

Migraine Associated Vertigo (MAV) / Vestibular Migraine

Labrynthitis

Vestibular Neuronitis

Benign Paroxysmal Positional Vertigo (BPPV)

Chiari Malformation

Persistent Positional Perceptual Dizziness (PPPD)\*\*

Chronic Subjective Dizziness\*\*

Psychogenic Dizziness\*\*

#### **Pain**

Migraines / Vestibular Migraine

Muscle tension headaches

Sinusitis

Chronic neck pain / Torticollis

#### **Reading and Learning**

Reading/Learning Difficulty

Dyslexia

ADD/ADHD\*\*



Meniere's or Atypical Meniere's

Migraine Associated Vertigo (MAV) / Vestibular Migraine

Labrynthitis

Vestibular Neuronitis

Benign Paroxysmal Positional Vertigo (BPPV)

Chiari Malformation

Persistent Positional Perceptual Dizziness (PPPD)\*\*

Chronic Subjective Dizziness\*\*

Psychogenic Dizziness\*\*

#### **Pain**

Migraines / Vestibular Migraine

Muscle tension headaches

Sinusitis

Chronic neck pain / Torticollis

#### **Reading and Learning**

Reading/Learning Difficulty

Dyslexia

ADD/ADHD\*\*

#### **Binocular Vision**

EOM weakness

CN weakness

Convergence Insufficiency



#### **Psychiatric**

Generalized Anxiety Disorders

Panic Attacks

Agoraphobia

\*\*Persistent Positional Perceptual Dizziness (PPPD)

\*\*Chronic Subjective Dizziness

\*\*Psychogenic Dizziness

\*\*ADD/ADHD

#### **MALINGERING** -

"Just making it up"

"It's not real"

"It's all in your head"



#### **Psychiatric**

Generalized Anxiety Disorders

Panic Attacks

Agoraphobia

\*\*Persistent Positional Perceptual Dizziness (PPPD)

\*\*Chronic Subjective Dizziness

\*\*Psychogenic Dizziness

\*\*ADD/ADHD

#### MALINGERING -

"Just making it up"

"It's not real"

"It's all in your head"

#### Traumatic Brain Injury

TBI with persistent post concussive symptoms (TBI with PPCS)

Can be a cause of symptoms in all the previous categories

#### How Uncomfortable Are They?



Vertical Heterophoria Simulator







#### Factors That Trigger / Worsen VH Symptoms



- "Vestibular" stimulation:
  - Vertical and horizontal head motion
  - Bending down and coming back up quickly
- Looking from near to far distances
- Visual stimuli :
  - reading
  - action movies
  - 3D movies
  - certain wallpaper or carpet patterns
  - driving on freeways
  - (all forms of optokinetic stimuli)

#### Factors That Trigger / Worsen VH Symptoms



- Complex visual environments like malls, grocery stores, crowded rooms
- Significantly different Rx between eyes, monovision CL's
- Traumatic Brain Injury
- Intense near-point work (computers, reading)
- Errors in prescription lenses
- Surgery: Cataract, Lasik, Eyelid (tightening), Retinal reattachment, monovision implants

#### Causes of VH







#### Recurrent Theme For These Patients



- Symptoms not recognized as being syndromic for VH
- Symptomatic for a long time
- Seen by many different care providers
- Many tests performed (including CT, MRI, audiogram, ENG, EEG, Holter)
- Many medications /therapies tried
- Many procedures performed

#### **Never Improved**





# Symptoms aren't recognized as being due to a binocular vision problem







#### How Do We Screen For VH?



- BVDQ
- 5 Minute Cover Test
- NPD

28

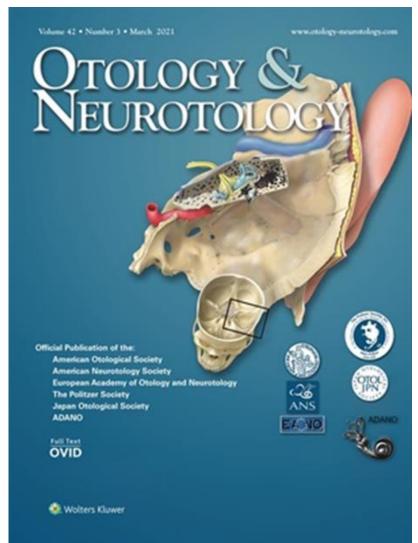


	REENING QUESTIONNAIRE  cular Vision Dysfunction / Vertical Heterophoria	For A	ges 14	1 & O	lder
Nan	neDate				
Pho	ne Number Email				
Direc	tions: For each of the following questions, please check the answer that best describes your situation wear glasses or contact lenses, answer the questions assuming that you are wearing them.  Always = every day Frequently = at least once per week  Occasionally = less than once per week Never = never	on.	No. of the Control of	o co	WEVER WALL
1	Do you have headaches and/or facial pain?				
2	Do you have pain in your eyes with eye movement?				
3	Do you experience neck or shoulder discomfort?				
4	Do you have dizziness and/or light headedness?				
5	Do you experience dizziness, light headedness, or nausea while performing close-up activities (computer work, reading, writing, etc.)?				
6	Do you experience dizziness, light headedness or nausea while performing far-distance activities (driving, television, movies, etc.)?				
7	Do you experience dizziness, light headedness, or nausea when bending down and standing back up, or when getting up quickly from a seated position?				
8	Do you feel unsteady or drift to one side while walking?				
9	Do you feel overwhelmed or anxious while walking in a large department store (Target, Wal-Mart, Costco, etc.)?				
10	Do you feel overwhelmed or anxious when in a crowd?				
11	Does riding in a car make you feel dizzy or uncomfortable?				
12	Do you experience anxiety or nervousness because of your dizziness?				
13	Do you ever find yourself with your head tilted to one side?				
14	Do you experience poor depth perception or have difficulty estimating distances accurately?				
15	Do you experience double/overlapping/shadowed vision at far distances?				
16	Do you experience double/overlapping/shadowed vision at near distances?				
17	Do you experience glare or have sensitivity to bright lights?				
18	Do you close or cover one eye with near or far tasks?				
19	Do you skip lines or lose your place when you are reading? Do you use your finger, ruler or other guides to maintain your position on the page?				
20	Do you tire easily with close-up tasks (computer work, reading, writing)?				
21	Do you experience blurred vision with far-distance activities (driving, television, movies, chalkboard at school, etc.	?			
22	Do you experience blurred vision with close-up activities (computer work, reading, writing, etc.)?				
23	Do you blink to 'clear up' distant objects after working at a desk or working with close-up activities (computer work, reading, writing, etc.)?				
24	Do you experience words running together while reading?				
25	Do you experience difficulty with reading or reading comprehension?				
	TOTAL	.s			

Have you ever been diagnosed with	a traumatic by			TRI\2												П	
Have you ever been disapped with		uni inju	.y(	101/2													
Have you ever been diagnosed with													$\vdash$				
Have you ever been diagnosed with																	
Have you ever been diagnosed with	a reading disa	bility?											1				
Have you ever had an eye operation	?																
		None						Worst			None						We
On an average day, how much are you bothered by	Dizziness	0 1	2 :	3 4	5 6	7	8 9	10	Neckache		0 1	2	3 4	5	6	7 8	9 10
symptoms listed here?	Nausea	0 1	2 :	3 4	5 6	7	8 9	10	Unsteady when walk	king	0 1	2	3 4	5	6	7 8	9 10
Rate each symptom from 0 = 10 0 = None of that symptom	Anxiety	0 1	2 :	3 4	5 6	7	8 9	10	Sensitivity to light		0 1	2	3 4	5	6	7 8	9 10
10 = Worst	Headache	0 1	2 :	3 4	5 6	7	8 9	10	Reading difficulty		0 1	2	3 4	5	6	7 8	9 10
How to score this que Take your answers from quest 1-25 and multiply them by the Add the scores to get a TOTAL This questionnaire is designed symptoms (ex. headache, dizzi	ions ir score. score. to identify ir ness, anxiety	ndividu	ma	O who	cca: ose due	que sion Ne	ntly nally ever 1	= /= _ - OTA		(2: su we (2:	x this 48) 4 ppoor e will 48) 2	99 t@ co	637 VSontac 900	2 or fM.d t yo 0 to	con	nai <b>l</b> n an or ca	d II
Take your answers from quest 1-25 and multiply them by the Add the scores to get a TOTAL This questionnaire is designed symptoms (ex. headache, dizzi Consider an evaluation by a N	ions ir score. score. to identify ir ness, anxiety leuroVisual!	ndividi (, etc.) ( <b>Specia</b>	ma	o who	ose due	que Sion Ne to	ntly nally ever visi visi	= /= _ TOTA on m	x2 =	(2- su we (2- an	48) 4 ippor e will 48) 2 i app	99- t@ coi 58- oin	VSor ntaci 900 tmer	M.d t yo 0 to nt.	con u; c	nai <b>l</b> n an or ca hedi	d II
Take your answers from quest 1-25 and multiply them by the Add the scores to get a TOTAL This questionnaire is designed symptoms (ex. headache, dizzi Consider an evaluation by a N	ions eir score. score. to identify ir ness, anxiety leuroVisual:	ndividu , etc.) Specia	ma	o who y be	ose due	Ne to	visie is Vi	= /= _ -= _ rOTA on m 15 or	x2 =	(2- su (2- an	48) 4 ippor e will 48) 2 i app	99- t@ coi 58- oin	VSor ntaci 900 tmer	M.d t yo 0 to nt.	con u; c	nai <b>l</b> n an or ca hedi	d II ule
Take your answers from quest 1-25 and multiply them by the Add the scores to get a TOTAL This questionnaire is designed symptoms (ex. headache, dizzi Consider an evaluation by a N	ions eir score. score. to identify ir ness, anxiety leuroVisual:	ndividu , etc.) Specia	ma	o who y be	ose due	Ne to	visie is Vi	= /= _ -= _ rOTA on m 15 or	x2 =	(2- su (2- an	48) 4 ippor e will 48) 2 i app	99- t@ coi 58- oin	VSor ntaci 900 tmer	M.d t yo 0 to nt.	con u; c	nai <b>l</b> n an or ca hedi	d II ule
Take your answers from quest 1-25 and multiply them by the Add the score to get a TOTAL This questionnaire is designed symptoms (ex. headache, dizzi Consider an evaluation by a N	ions ier score. score. to identify inness, anxiety leuroVisual:	ndividu , etc.) Specia	maj Ilist	o who y be if the	ose due so	Ne to	visie is  Vi. (24-25: Block and a second and	= /= rOTA on m 15 or 18) 2	x2 =	(2- su (2- an	48) 4 ippor e will 48) 2 i app	99- t@ coi 58- oin	VSor ntaci 900 tmer	M.d t yo 0 to nt.	con u; c	nai <b>l</b> n an or ca hedi	d II ule



	REENING QUESTIONNAIRE cular Vision Dysfunction / Vertical Heterophoria	For A	ges 1	4 & O	ld
Nam	ne Date				
Pho	ne Number Email				
	tions: For each of the following questions, please check the answer that best describes your situation wear glasses or contact lenses, answer the questions assuming that you are wearing them.  Always = every day Frequently = at least once per week  Occasionally = less than once per week Never = never	in.	NA CHE	DE CO	W. SON
1	Do you have headaches and/or facial pain?	Т	T		r
2	Do you have pain in your eyes with eye movement?				
3	Do you experience neck or shoulder discomfort?				
4	Do you have dizziness and/or light headedness?				
5	Do you experience dizziness, light headedness, or nausea while performing close-up activities (computer work, reading, writing, etc.)?				Г
6	Do you experience dizziness, light headedness or nausea while performing far-distance activities (driving, television, movies, etc.)?				
7	Do you experience dizziness, light headedness, or nausea when bending down and standing back up, or when getting up quickly from a seated position?				
8	Do you feel unsteady or drift to one side while walking?				
9	Do you feel overwhelmed or anxious while walking in a large department store (Target, Wal-Mart, Costco, etc.)?				
10	Do you feel overwhelmed or anxious when in a crowd?				
11	Does riding in a car make you feel dizzy or uncomfortable?				
12	Do you experience anxiety or nervousness because of your dizziness?				
13	Do you ever find yourself with your head tilted to one side?				
14	Do you experience poor depth perception or have difficulty estimating distances accurately?				
15	Do you experience double/overlapping/shadowed vision at far distances?				
16	Do you experience double/overlapping/shadowed vision at near distances?				
17	Do you experience glare or have sensitivity to bright lights?				
18	Do you close or cover one eye with near or far tasks?				
19	Do you skip lines or lose your place when you are reading? Do you use your finger, ruler or other guides to maintain your position on the page?				
20	Do you tire easily with close-up tasks (computer work, reading, writing)?				
21	Do you experience blurred vision with far-distance activities (driving, television, movies, chalkboard at school, etc.)	?			
22	Do you experience blurred vision with close-up activities (computer work, reading, writing, etc.)?				
23	Do you blink to 'clear up' distant objects after working at a desk or working with close-up activities (computer work, reading, writing, etc.)?				
24	Do you experience words running together while reading?				
25	Do you experience difficulty with reading or reading comprehension?				





	CREENING QUESTIONNAIRE ocular Vision Dysfunction / Vertical Heterophoria	For	Ages 4-8
Chi	ild's NameParent/Guardian's Name[	Date	
Pho	one Number Email		
<b>Direc</b> YES o	ctions: <u>Children - answer these auestions together with your Parent/Guardian.</u> For every question, ple or NO. If you wear glasses, answer the questions assuming that you are wearing them.	ease answer	er
00	PES YOUR CHILD:	YES	NO
A	have difficulty reading or learning OR skip letters or words or lines OR misread words or reverse numbers or words OR lose their place often while reading?		
В	have poor handwriting – poor letter sizing (too big or too small), poor spacing, writing lines with an upward or downward slant?		
С	avoid near activities <b>OR</b> do they act out after 5-10 minutes if they must perform near activities?		
D	sit very close to the TV / monitor / electronic devices <b>OR</b> hold toys very close to their face to see them?		
E	have difficulty identifying shapes, colors, letters, numbers and common images that are age appropriate?		
F	walk with difficulty (do they sway, trip or fall <b>OR</b> bump into objects or people) <b>OR</b> avoid climbing on furniture or outdoor playscapes?		
G	have trouble seeing the board, or seeing up close?		
н	have difficulty catching or kicking a ball?		
ı	have headaches or stomach aches at school, pre-school or when away from home?		
J	have light sensitivity (closes/covers eyes in bright light) <b>OR</b> not like bright places?		
к	close or cover one eye when doing up close activities?		
L	have nervousness or anxiety <b>OR</b> get startled often <b>OR</b> is clingy in stores?		
М	squint or blink or make faces to "see"?		
	TOTALS		

		Mi																					
		IAII	gra	aine	es c	or h	nea	ıda	che	e?													
		Tra	un	nat	ic l	ora	in i	inju	ıry	or	со	ncus	sion?					Γ			Т		
orticollis? Does your child blink his/her eyes a lot/much more than most children?										Γ			T										
		Are	e y	oui	ch	ild	's v	/eri	oal	sk	ills	far a	head of his/her reading skills?					Г			T		Т
		Ha	s y	ou	r ch	nik	l ev	ver	ha	d a	an e	eye o	peration?					Γ			T		Г
		None										Worst		Non	e		_			_	_		,
	Dizziness	0	1	2	3	4	5	6	7	8	9	10	Neckache	0	1	2	3	4	5	6	7	8 9	9
бу	Nausea	0	1	2	3	4	5	6	7	8	9	10	Unsteady when walking	0	1	2	3	4	5	6	7 :	8 9	)
10	Anxiety	0	1	2	3	4	5	6	7	8	9	10	Sensitivity to light	0	1	2	3	4	5	6	7 :	8 9	þ
	Headache	0	1	2	3	4	5	6	7	8	9	10	Reading difficulty	0	1	2	3	4	5	6	7	8 9	,
																	_						
			_			_			_						_		_	_			_		_
			_	_	_	_	_	_	_	_	_				_	_	_	_	_	_	_	_	_
																	_	_			_		_
																	_			_	_		
																	_			_	_		
	10	Nausea  10 Anxiety Headache	Dizziness   0	Does	Does you	Does your ch   Are your ch   Has your ch   Nene   Dizziness   0 1 2 3     Nausea   0 1 2 3     Anxiety   0 1 2 3     Headache   0 1 2 3	Does your child  Are your child  Has your child  Post Name  Name  Nausea 0 1 2 3 4  Nausea 0 1 2 3 4  Headache 0 1 2 3 4	Does your child	Does your child blir Are your child's veri Has your child ever  Nene  Dizziness 0 1 2 3 4 5 6  Nausea 0 1 2 3 4 5 6  Headache 0 1 2 3 4 5 6	Does your child blink!  Are your child's verbal  Has your child ever ha  Name  Dizziness 0 1 2 3 4 5 6 7  Nausea 0 1 2 3 4 5 6 7  Headache 0 1 2 3 4 5 6 7	Does your child blink his Are your child's verbal sk Has your child ever had a  None  None  None  Nausea  0 1 2 3 4 5 6 7 8  Anxiety 0 1 2 3 4 5 6 7 8  Headache 0 1 2 3 4 5 6 7 8	Does your child blink his/he	Does your child blink his/her eyd Are your child's verbal skills far a Has your child ever had an eye o  None West  Nausea 0 1 2 3 4 5 6 7 8 9 10  Anxiety 0 1 2 3 4 5 6 7 8 9 10  Headache 0 1 2 3 4 5 6 7 8 9 10	Are your child's verbal skills far ahead of his/her reading skills?  Has your child ever had an eye operation?  West  Neckache  Nausea 0 1 2 3 4 5 6 7 8 9 10 Neckache  Anxiety 0 1 2 3 4 5 6 7 8 9 10 Sensitivity to light  Headache 0 1 2 3 4 5 6 7 8 9 10 Reading difficulty	Does your child blink his/her eyes a lot/much more than most child	Does your child blink his/her eyes a lot/much more than most childness	Does your child blink his/her eyes a lot/much more than most children?   Are your child's verbal skills far ahead of his/her reading skills?   Has your child ever had an eye operation?   Name	Does your child blink his/her eyes a lot/much more than most children?   Are your child's verbal skills far ahead of his/her reading skills?   Has your child ever had an eye operation?   Nere   Went   Neve   Neve	Does your child blink his/her eyes a lot/much more than most children?	Does your child blink his/her eyes a lot/much more than most children?	Does your child blink his/her eyes a lot/much more than most children?	Does your child blink his/her eyes a lot/much more than most children?   Are your child's verbal skills far ahead of his/her reading skills?   Has your child ever had an eye operation?   Nerve	Does your child blink his/her eyes a lot/much more than most children?

This questionnaire is designed to screen for children who may be having symptoms due to a vision misalignment.

Using questions A through M on the front of this page, consider an evaluation by a NeuroVisual Specialist if FOUR or more questions were answered YES.

Fax this document to (248) 499-6372 or email it to support@VSofM.com and we will contact you; or call (248) 258-9000 to schedule an appointment.

© Vision Specialists of Michigan



Vision Specialists of Michigan (248) 258-9000

2550 S. Telegraph Rd. Ste. 100 Bloomfield Hills, MI 48302 www.vision-specialists.com

TO REORDER: email order@vsofm.com or call (248) 258-9000

This questionnaire is designed to screen for those who may have difficulty with vision alignment. The information obtained herein is considered a preliminary result only and does not diagnose or constitute confirmation of any vision problems. It is not a substitute for a NeuroVisual examination. Since vision changes can occur without visible indications, most eye care professionals and medical authorities recommend a vision exam annually.

2017 Vision Specialists of Michigan, All Rights Reserved.

Revised: 05/2019



	REENING QUESTIONNAIRE cular Vision Dysfunction / Vertical Heterophoria	F	or A	ges !	9-13
Chil	d's Name Parent/Guardian's Name D	Date _			
Pho	ne Number Email				_
quest	tions: <u>Children - answer these questions together with your Parent/Guardian</u> . For each of the followin tions, please check the answer that best describes your situation. If you wear glasses or contact lenses, a uestions assuming that you are wearing them.	-	er	Tr.	MALT
	Always = every day Frequently = at least once per week  Occasionally = less than once per week Never = never	N. N.	1 S	\$ 50	W. S.
1	Do you have headaches or stomach aches or do you get nervous/anxious at school?				
2	While reading or watching video in a car, do you get a headache or stomach ache or feel unwell?				
3	Do you get sick to your stomach or nauseous on swings or circular rides?				
4	Do you have difficulty playing sports, or doing gymnastics or dance?				
5	Do you have trouble catching baseballs or footballs or Frisbees?				
6	When you are walking, do you bump into people or furniture or door frames?				
7	Are you anxious or nervous?				
8	Does it take you a long time to finish your homework?				
9	Do you have to read the same thing a couple of times to really understand it?				
10	When reading, do you skip lines or lose your place <b>OR</b> do you use a guide (finger, ruler or a piece of paper) to help you keep your place?				
11	When you read, does it look like the letters are moving <b>OR</b> does it seem like words are bumping into each other?				
12	Do bright lights hurt your eyes?				
13	Do you close or cover one eye to make it easier to see?				
14	Do you ever see two of everything (double vision)?				
15	When reading or working on the computer or electronic device, do your eyes feel tired or does your vision get blurry?				
16	When looking at the blackboard at school, do your eyes feel tired or does your vision get blurry?				
	TOTALS				

Parent/Guardian: Has your child ever been diagnosed with: YES NO YES NO												
in Distribution (1993)	YES	NO										
Learning Disability (LD)?			Migraines or headache?									
Dyslexia?	Traumatic brain injury or concussion?											
Torticollis?			Does your child blink his/her eyes a lot/much more than most children?									
Lazy eye?			Are your child's verbal skills far ahead of his/her reading skills?									
ADD/ADHD?			Has your child ever had an eye operation?									
			None Worst None			forst						
On an average day, how much are you bothered		Dizziness	0 1 2 3 4 5 6 7 8 9 10 Neckache 0 1 2 3	4 5 6 7	8 9	10						
symptoms listed here	?	Nausea	0 1 2 3 4 5 6 7 8 9 10 Unsteady when walking 0 1 2 3	4 5 6 7	8 9	10						
Rate each symptom from 0 = 0 = None of that symptom		Anxiety	0 1 2 3 4 5 6 7 8 9 10 Sensitivity to light 0 1 2 3 4	4 5 6 7	8 9	10						
10 = Worst		Headache	0 1 2 3 4 5 6 7 8 9 10 Reading difficulty 0 1 2 3 4	4 5 6 7	8 9	10						
How to score this questionnaire:  Take your answers from questions  1-16 and multiply them by their score.  Ald the scores to get a TOTAL score.  TOTAL Score:  TOTAL Scor												



Vision Specialists of Michigan (248) 258-9000

2550 S. Telegraph Rd. Ste. 100 Bloomfield Hills, MI 48302 www.vision-specialists.com

TO REORDER: email order@vsofm.com or call (248) 258-9000

This questionnaire is designed to screen for those who may have difficulty with vision alignment. The information obtained herein is considered a preliminary result only and does not diagnose or constitute confirmation of any vision problems. It is not a substitute for a NeuroNissol examination. Since vision changes can occur without visible indications, most eye care professionals and medical authorities recommend a vision exam annually.

© 2017 Vision Specialists of Michigan. All Rights Reserved.

rvised: 05/20



#### www.lsltMyEyes.com



#### **Experience the Difference**

You may have one or more of the symptoms listed below. But, how do you know if these symptoms are caused by your vision? This easy, five-minute test may be the proof you need.

Note: You must be experiencing symptoms right now to complete this test.

#### BEFORE

Identify 2 symptoms below that are most bothersome to you at this moment. Rate each symptom from 1-10 where 10 is the most severe and 1 is the least.

Sensitivity Anxiety \_\_ Neck Ache \_\_\_\_/ 10 to Light \_\_\_\_/ 10





Get a timing device (your phone, kitchen timer, etc.) and set for 5

If you have glasses or contact lenses that you wear normally, wear them for this test.

#### DIRECTIONS

· You will need to cover one eye for this test. To determine which eye to cover, tilt your head towards each shoulder. One side should feel easier than the other.

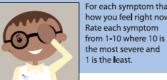


- When you find the more comfortable side, cover the 'high' eye with your hand. (Your 'high' eye is the eye closest to the ceiling.)
- · Now, return your head to the upright position.
- · Keep both eyes open, but cover the 'high' eye with your hand.
- · Look 8-10 feet ahead, but at nothing in particular.



#### **AFTER 5 MINUTES**

#### Keep your eye covered



For each symptom that you identified at the beginning of this test, consider how you feel right now. **AFTER** Rate each symptom

Neck Ache/ 10 Sensitivity to Light/ 10 Anxiety/ 1	Dizziness/ 10	Nausea/ 10	Headache/ 10
	Neck Ache/ 10		0 Anxiety/ 10

How do these numbers compare to before?

#### RESULTS

You may now uncover your eye.



# **Vision**

#### 5 Minute Cover Test



#### Near Point of Discomfort (NPD) Test



## Instructions are different than for NPC testing – "Stop when you experience:"

- Discomfort (Dizziness, Nausea or Headache)
- Blurred or Doubled vision

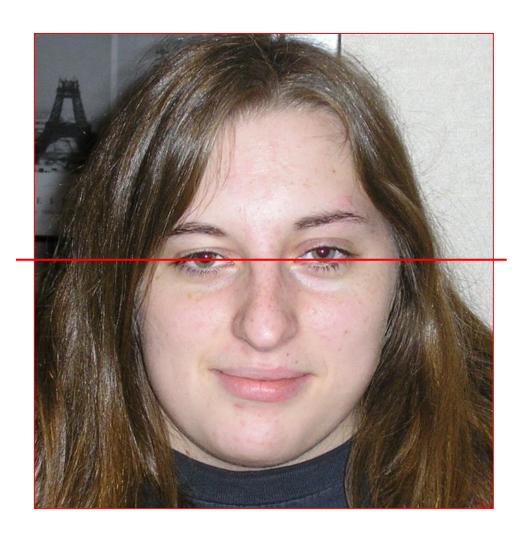


#### 6 Physical Findings of VH







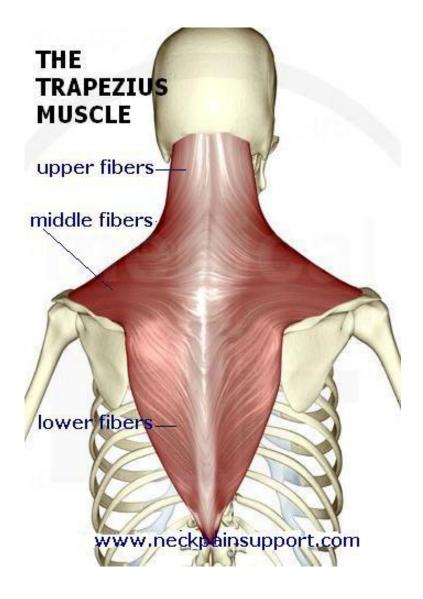






# **Head Tilt**





#### VH Physical Findings



- 5. Gait & Balance Analysis:
  - Rise from seated to standing
  - Drifting to one side with ambulation or wobbling side to side
  - Head turns while walking (Supermarket Walk)
- 6. Provocative Vestibular Tests
  - Bending over and coming back up
  - Side-to-side head movements

#### Course of Treatment



- Initial Exam (80 mins) and 1 Progress Exam (50 mins)
  - Prism Challenge Technique
  - Progressive Relaxation
- 2 sets of lenses
- Approximately 1-2 months to complete treatment
- Once initial sequence of visits is finished (2 visits over 2 months), only annual appointments are needed

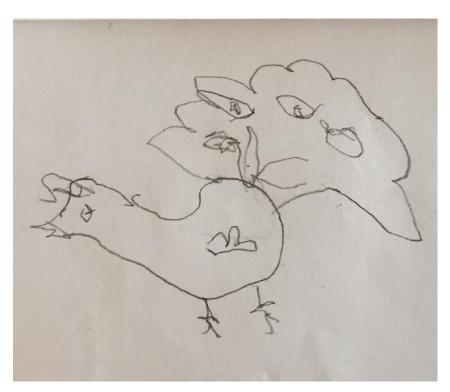
#### **Results of Treatment**

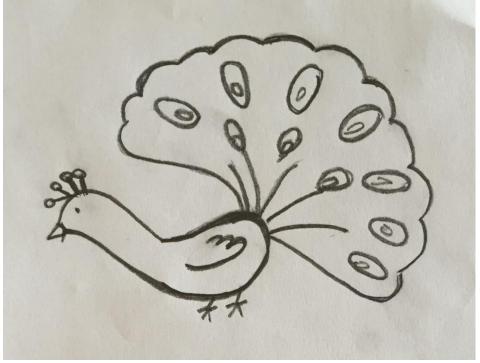


- Expedites improvement with their other rehab therapies
- Expedites or enables return to school or work
- 80% reduction of symptoms
- Reduction / elimination of medications

#### Results of Treatment: Vision & Fine Motor Control





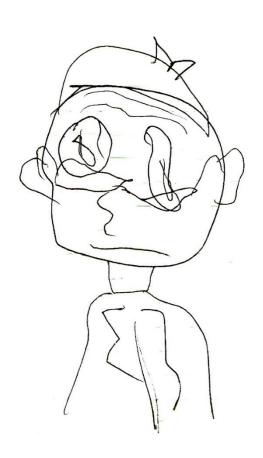


Before prism lenses

After prism lenses (same day)

#### Results of Treatment: Vision & Fine Motor Control





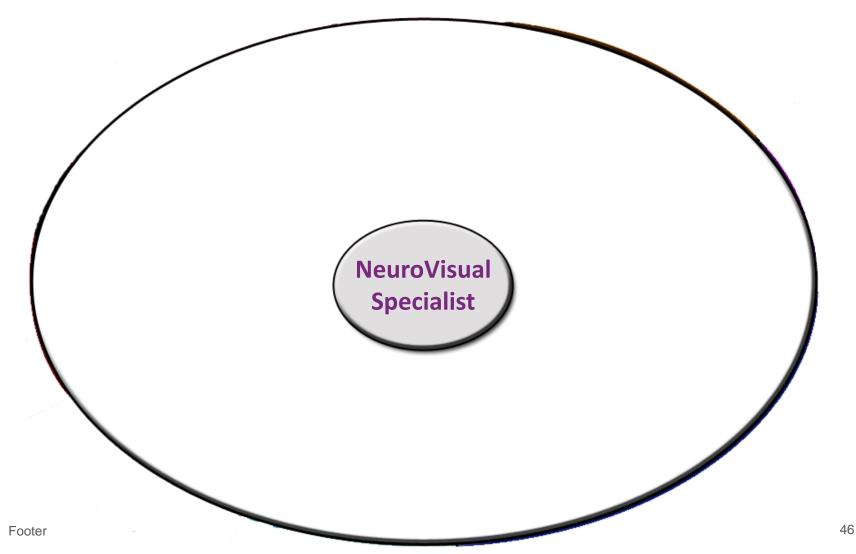
Before prism lenses

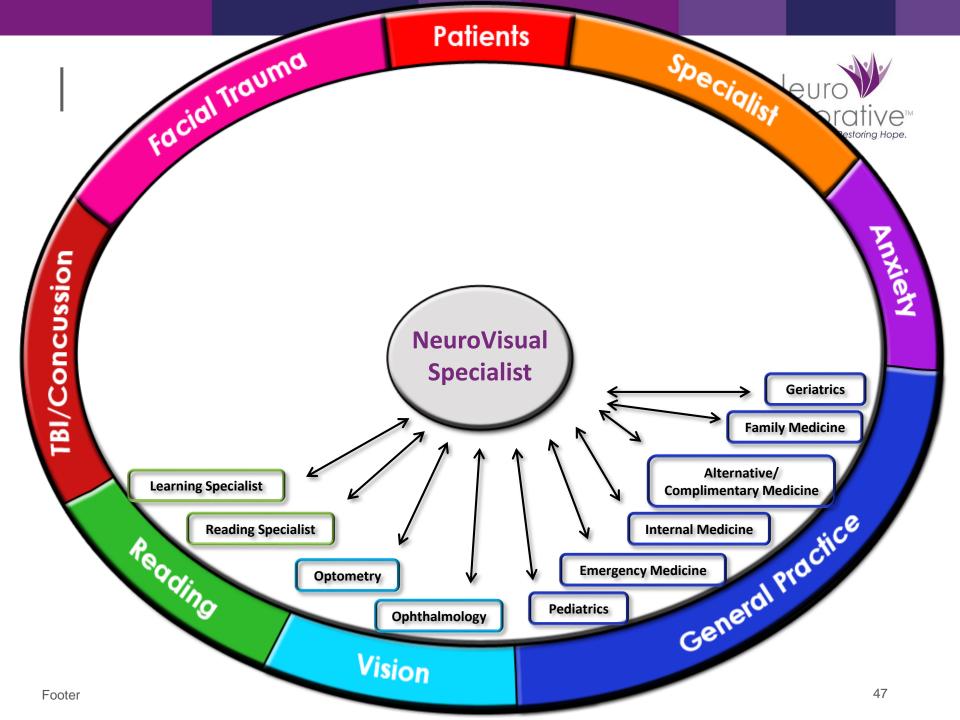


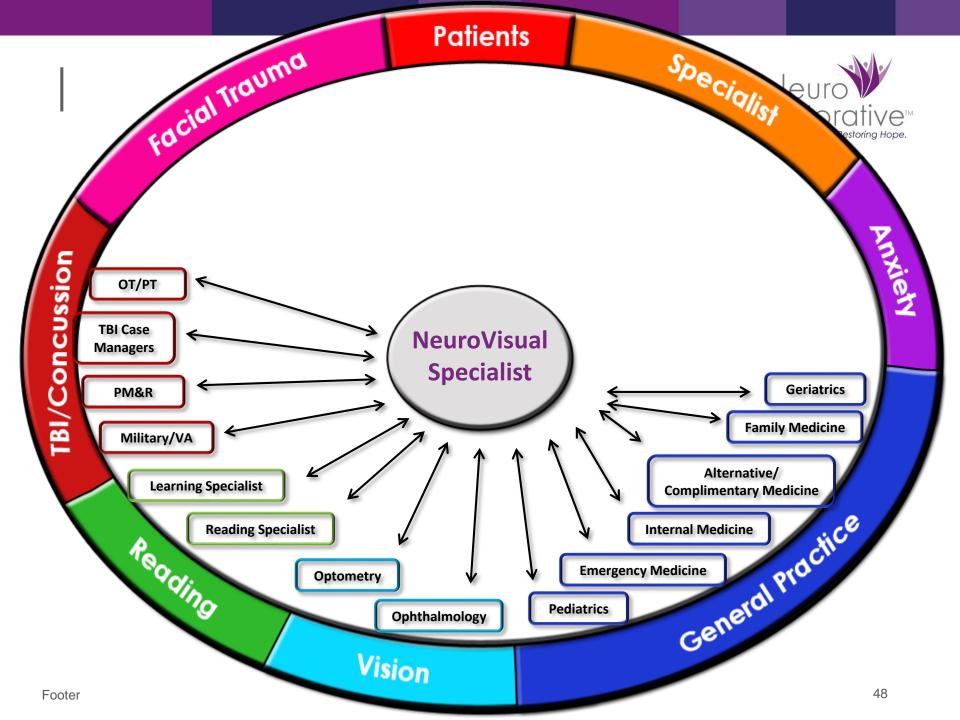
After prism lenses (same day)

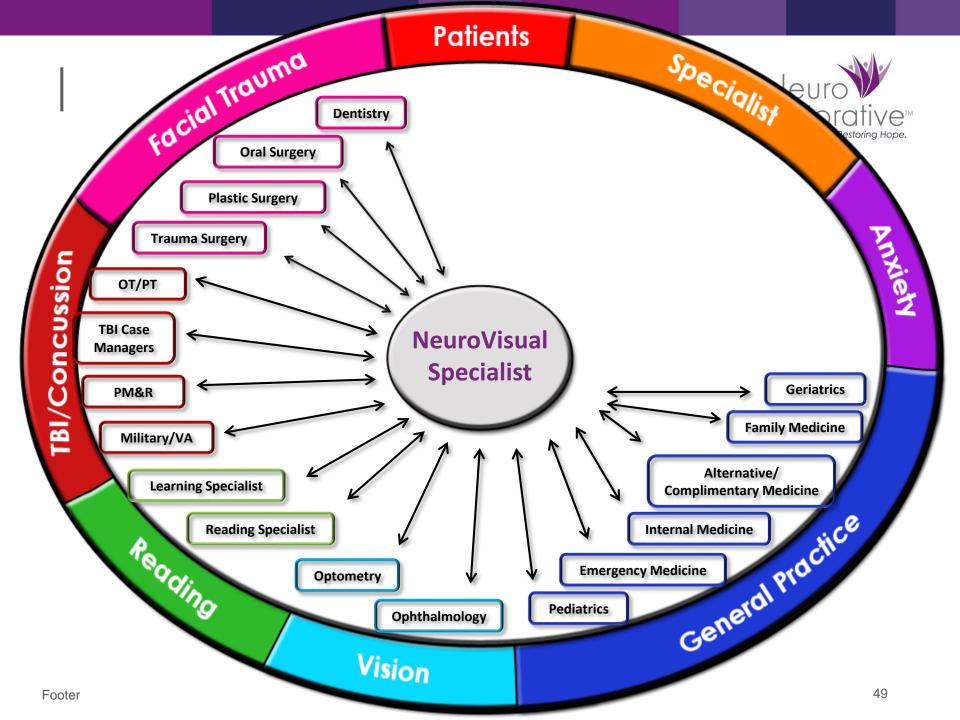
# Collaboration With Medical Community

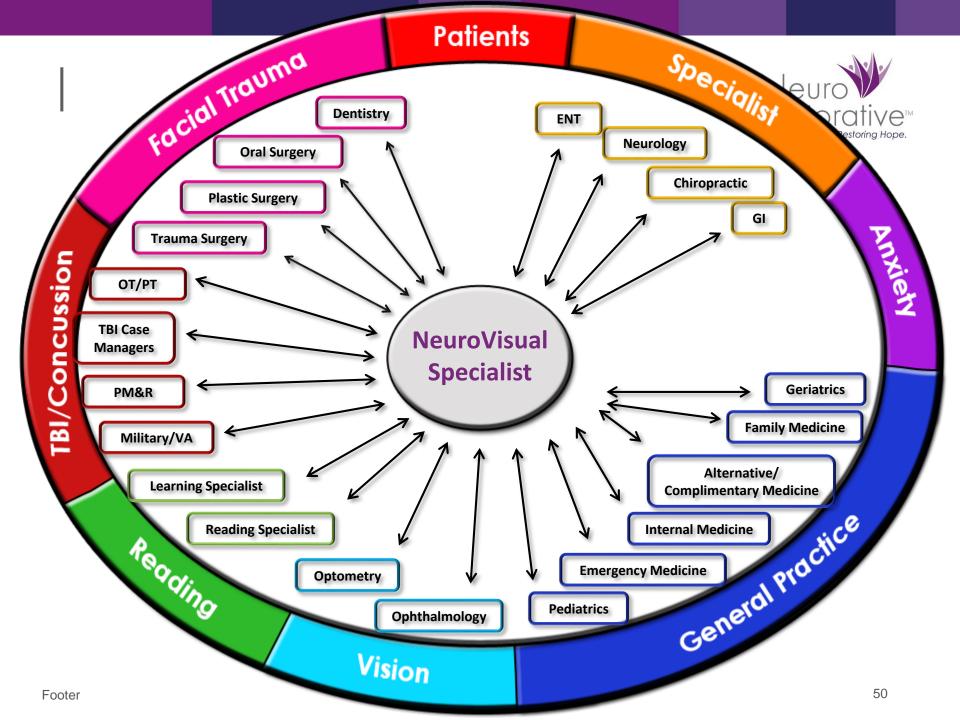


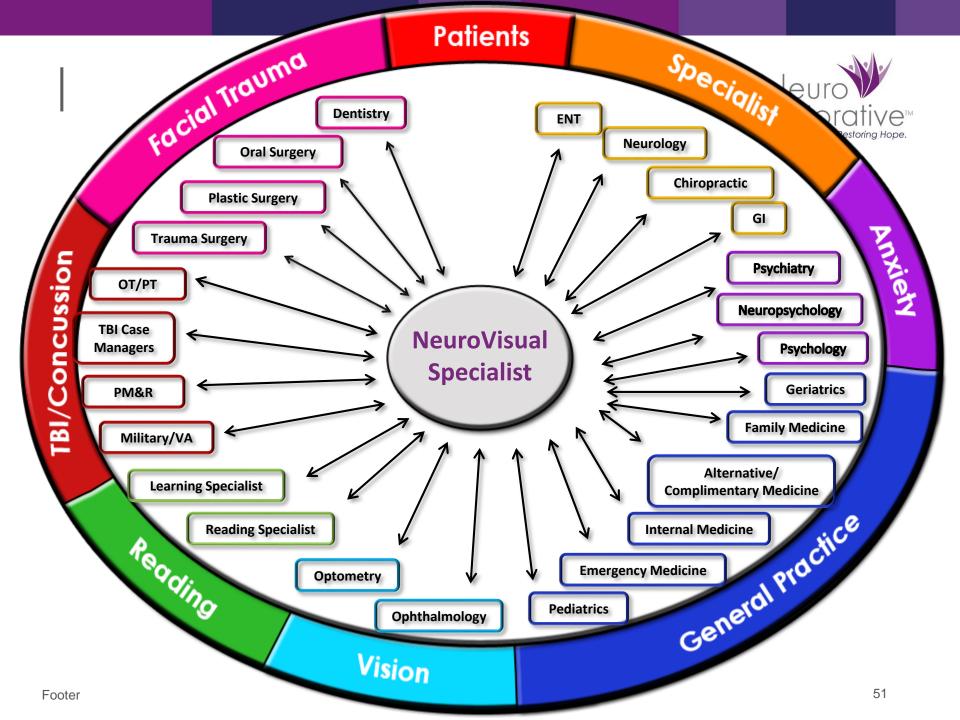


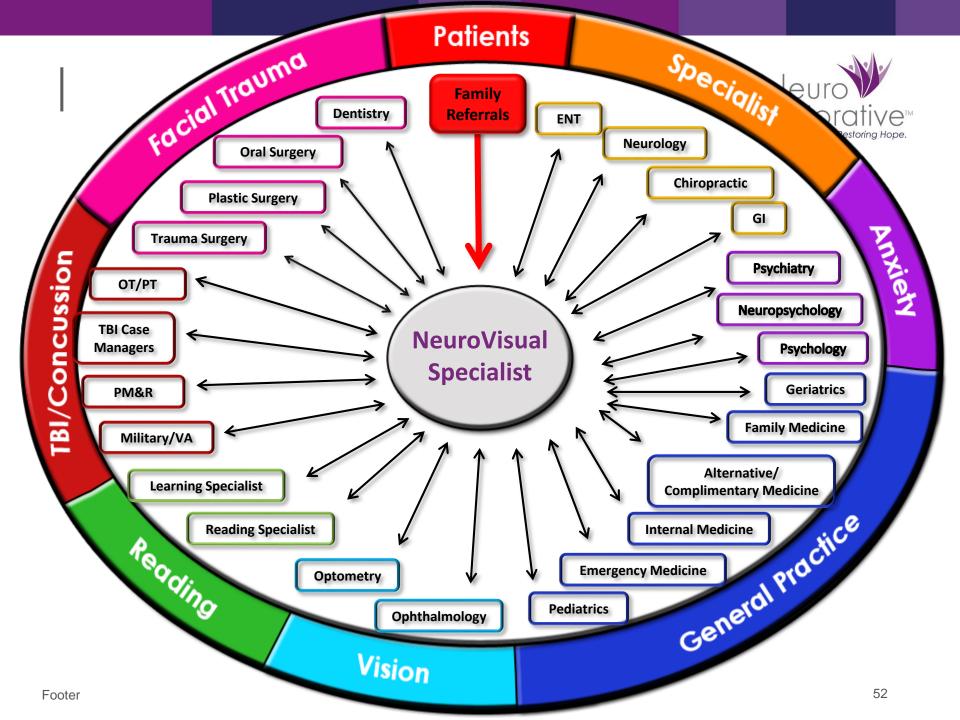












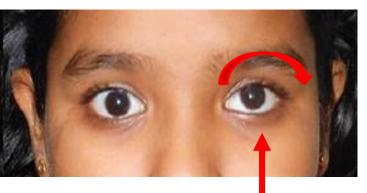
# Pathophysiology of VH



- Monocular
- Binocular

# Pathophysiology of <u>Monocular VH</u>: SOP- Eye Muscle/Nerve Dysfunction

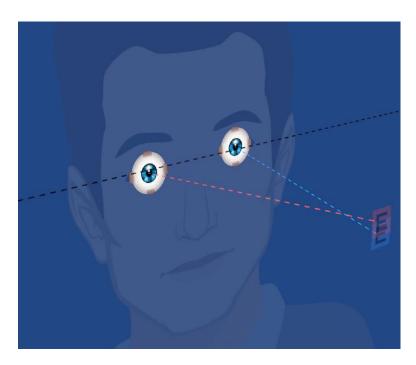




- CN IV and/or Superior Oblique muscle is weak unilaterally – results in eye with <u>upward gaze</u> and <u>cyclotorsion</u>
- This is <u>only a Visual System</u> problem –
   Vestibular System not involved
- Visual system response to impending vertical diplopia: realign the images vertically
  - Misalignment/realignment cycle causes symptoms
- Body response to impending diplopia from cyclotorsion: Head tilt

#### Pathophysiology of <u>Binocular VH</u>: Vestibular Dysfunction & Visual System Response





- Faulty signals emanating from the <u>vestibular system</u> impacting vertical alignment in <u>both eyes</u>
- The visual system responds to this impending diplopia by realigning the images
- Misalignment/realignment cycle causes symptoms
- Microprism lenses break the cycle

#### How Symptoms Are Caused



- EOM overuse and strain
  - Headache
- Cycling / Back & Forth
  - Vibrating/shimmering
  - Reading difficulty
  - Vestibular symptoms:
    - dizziness
    - nausea
    - gait and balance disturbances
    - motion sickness

#### How Symptoms Are Caused



# Anxiety

- Visual sensitivity to complex environments like grocery store aisles, certain wallpaper and carpet patterns
- Optokinetic stimuli (like driving on the freeway)
- Dizziness is a known precipitant of anxiety

#### - Binocular Vision

- Reading difficulty
- Blurred images / diplopia
- Glare / photosensitivity



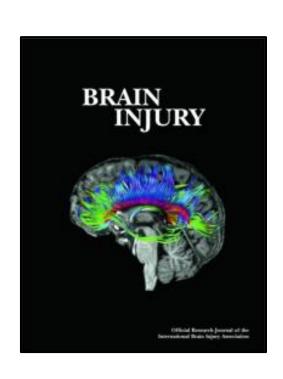


# **Head Tilt**



# Research And Academic Activities



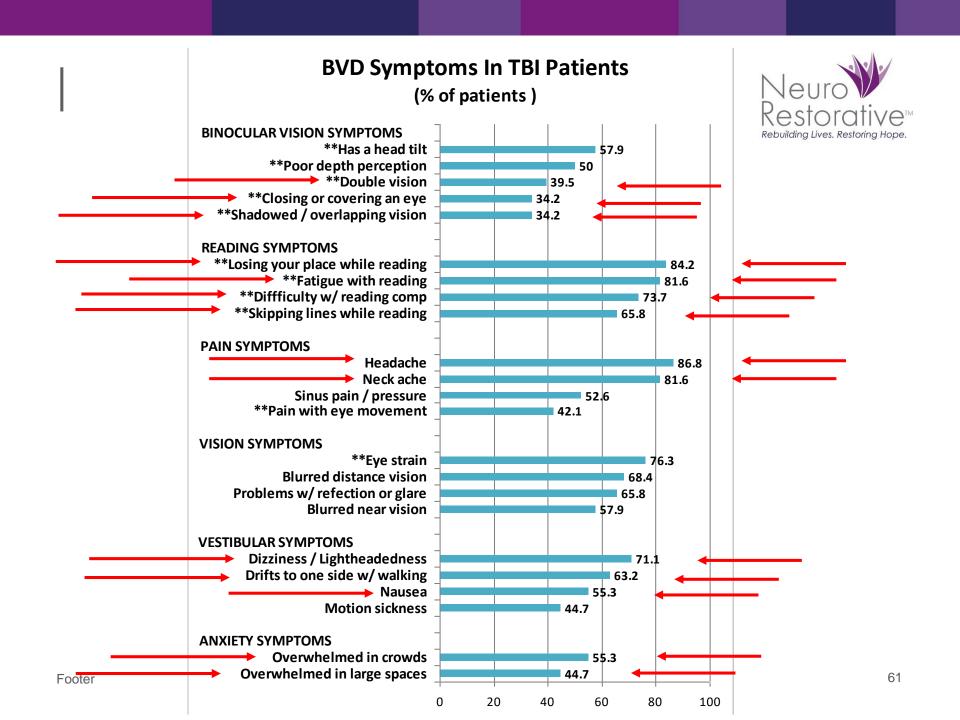


# Treatment of vertical heterophoria ameliorates persistent post-concussive symptoms:

A retrospective analysis utilizing a multi-faceted assessment battery

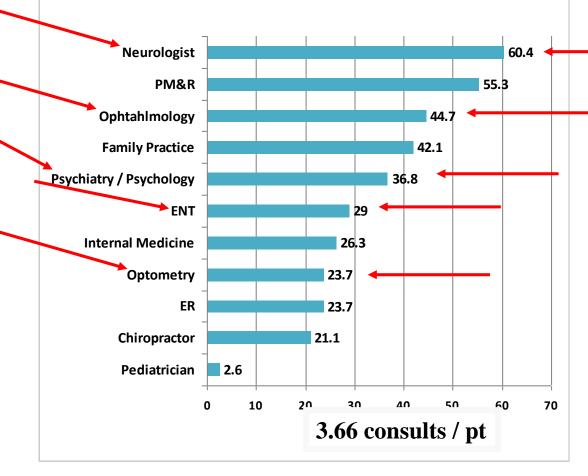
Mark S. Rosner, Debby L. Feinberg, Jennifer E. Doble & Arthur J. Rosner

Brain Injury 2016



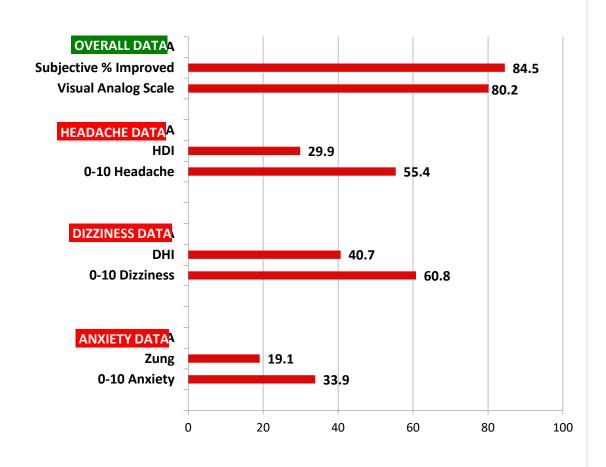


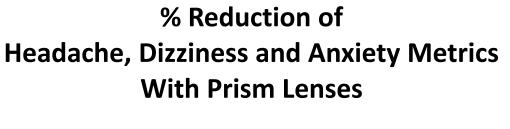




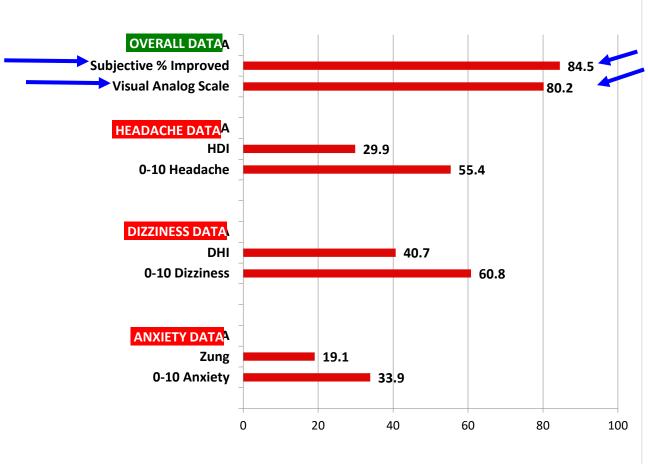
#### % Reduction of Headache, Dizziness and Anxiety Metrics With Prism Lenses



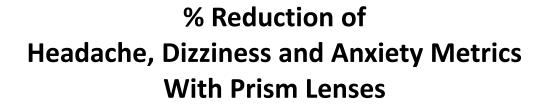




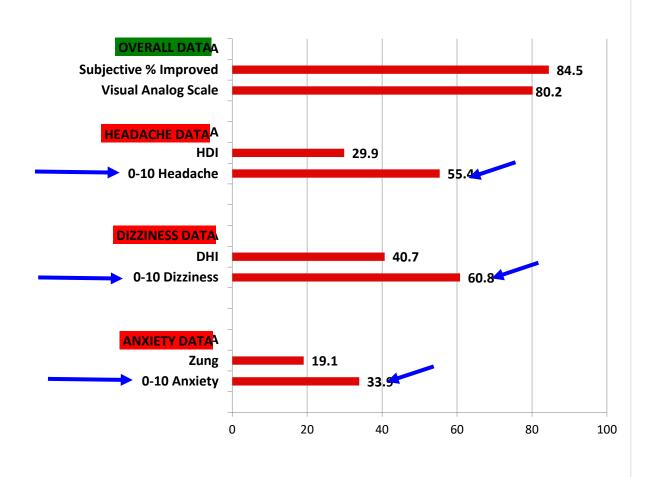


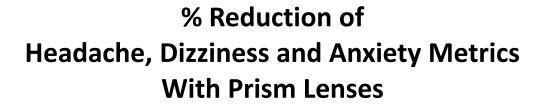


Footer

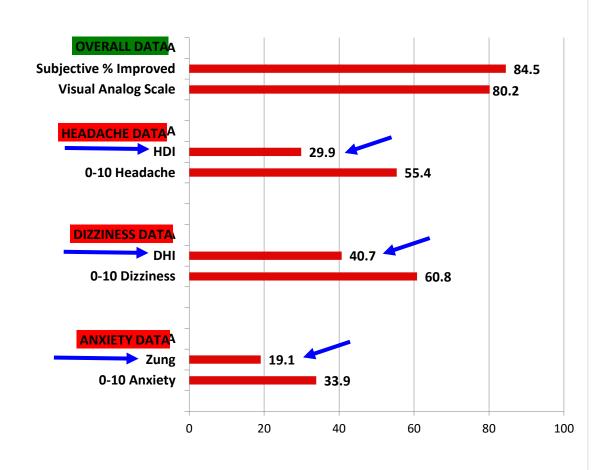












# | To Summarize



#### Summary



- Binocular vision dysfunction (BVD) appears to be present in ~20% of the general population and in ~50% of all TBI / ABI patients with persistent symptoms (>3 months), and ~50% of those with reading/learning challenges.
- The symptoms of BVD are not being recognized as being visual in etiology, despite extensive testing and consultation. These patients are seen by multiple providers yet don't get much better with standard treatments /therapies.

#### Summary



- Treatment of the BVD with realigning prismatic lenses reduces symptoms 80%
- BVD Suspects can be easily identified with the BVDQ and the 5
   Minute Cover Test
- BVD can be firmly diagnosed (and prism prescribed) by the <u>Prism</u>
   <u>Challenge Technique</u>
- Standard binocular vision tests <u>are not sensitive enough</u> to identify this patient population

#### Which Children Can Potentially Be Helped?



- Children with "reading and learning difficulties" (LD; RD)
- Children with difficulty concentrating and/or "hyperactivity" (ADD/ ADHD)
- Children with motion sickness / car sickness
- Children that are clumsy / uncoordinated



# Bvd & HYPERACUSIS/TMWS





#### Pathophysiology of TMWS

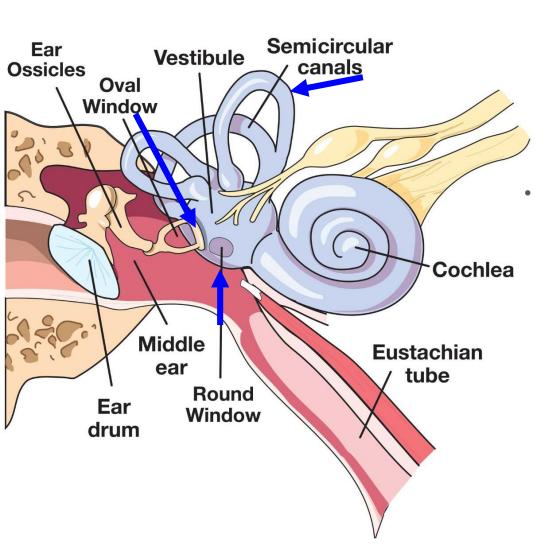




- Inner ear anatomy / function:
  - Inner ear is surrounded by bone
  - Round & Oval windows (2 windows)
  - Pressure is constant

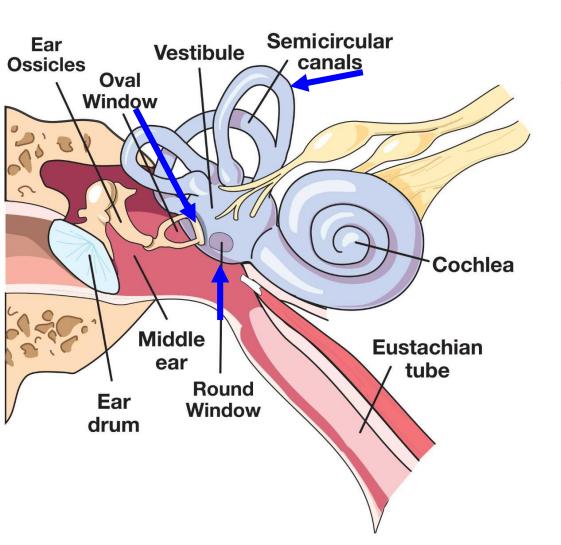
#### Problem with the "V" of VOR

- Hole (dehiscence) in bone
   OR leak (perilymph fistula) in
   Round/Oval window creates
   a 3<sup>rd</sup> window
- Pressure is fluctuating
- Allows sound waves to stimulate the vestibular apparatus – utricle in particular - (normally they don't)
- This impacts visual alignment through VOR



#### Pathophysiology of TMWS





Tullio Phenomena (1929)

- Drilled hole in pigeon's semicircular canal
- Dizziness, imbalance
   with gait and nystagmus
   are induced by sound

Now we understand why

### Symptoms of TMWS



#### **Most common:**

- Sensitive to sound
- More sensitive to sound when compared to your friends/family
- However, the majority of patients <u>are not aware</u> that they are sensitive to sound.
- That is why we <u>test every patient</u> with NCDs

#### Bose QuietControl 30



QC30 – Wireless earbud style.

Available for both Samsung/Android

Devices and Apple Devices (due to

Bluetooth capabilities)

#### Bose QuietComfort 20



QC20 – Wired earbud style. Available for either Samsung/Android Devices or Apple Devices

#### Bose QuietComfort 35



style. Available for both

Samsung/Android Devices and Apple
Devices (due to Bluetooth capabilities)

#### Apple Air Pod Pros



Wireless earbuds with active noise cancellation. Comes with three sizes of silicone tips. Compatible with Android Devices.



Anything that reduces the components of Tullio phenomena:

- Reduce sound input into the ear ("Reverse Tullio Phenomena") with NCD's, ear plugs
- Medications to reduce inner ear pressure to allow for healing of hole/leak & pressure stabilization
- Surgical repair of the hole/leak for pressure stabilization

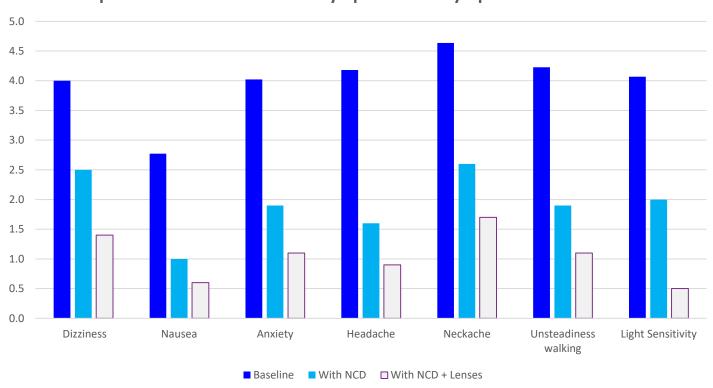




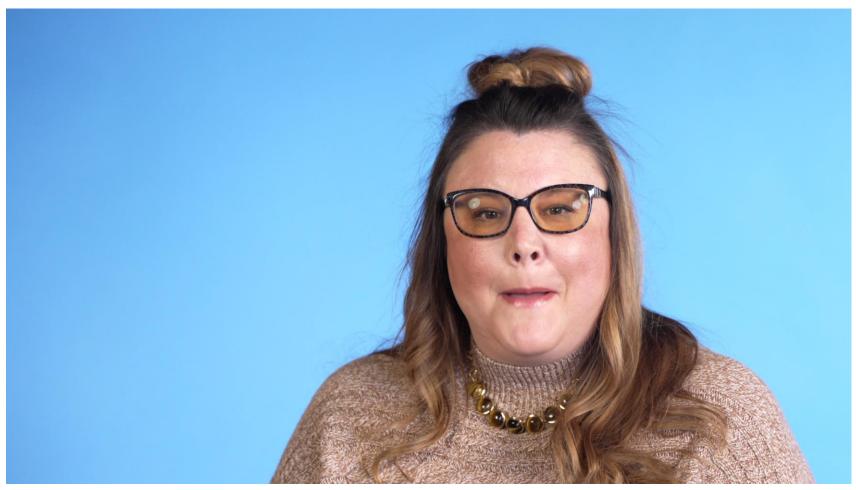
#### Research



#### Impact of NCD's and Lenses on Symptom Severity Upon Initial Evaluation









# ASK AND TEST EVERYONE FOR HYPERACUSIS!!





### Questions?



