

SYNTONOGRAM

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Syntonics and Accommodative Rock-The in reduction high plus
Acceptance or demand for seeing clearly and comfortably.

By

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Beverly, age 24, Type A/S, Health good.

Visual Acuity with old Rx-20/20.

Came in from the telephone directory to inquire of the possibility and advisability of being fitted with contact lenses. Wanted them mainly to be able to go out occasionally without glasses and to be able to see for a few hours without a headache.

N.V. Right eye 20/200. Left eye 20/200.

Old Rx- Right eye +3.50 + 50 axis 100. Left eye + 400 + 50 axis 75. V.A. O.U. 20/20.

Beverly has worn glasses since age of 5 years for in turning squint "Esotropia". About three years ago at her own insistence she had her eyes straighten by surgery, but could never get along without glasses longer than a few minutes, without getting headache, ad blurred vision, which is very annoying.

The subjective #7 Right + 425 - 75x15. Left + 425 - 75x165 V.A. 20/20 #8 10 ESO. #12 - 3- hyperphoria. 14A + 475- 75x165. 14A + 475 O.U. #14b 10 ESO, #20 O.U. -25 with 7. #21 +375 O.U. with 7.

While patient is comfortable with old Rx and has peripheral fusion, tests indicate the complete absence of macular fusion and reveal alternate suppression when the attempt is made to initiate fusion. The degree of peripheral fusion when measured with #11 test targets of two large diamond shaped cards is positive to 5 and negative to 6 on Rotoscope.

Fusion of form and color, measured on Tel Binocular with Betts slide test 2H, Slide D.B. 4H had difficulty in using the 30 M/M dots without 3 degrees of vertical prisms in instruments. The problem kept multiplying as tests were being added and seemed to verify itself to improvise and interpret things as conditions arise. To quote from the Essenes "Life is a constant endeavor of organisms to adapt themselves to existing conditions." The Optometrist employing Syntonics in visual training, I reassure the patient that beneficial results are sure to follow, although we cannot predict the degree of improvement in any given case.

Beverly came in 11/21/57 and to date has had 45 one hour visits. We started each visit with Keystone Calistenics series, followed with Pine accommodative rock series and fusion exercises of form and color. February 20, 1958 Rx changed to +425 – 75 O. the same as subjective with 1 ½ degrees prism each eye.

After completion of Betts slides of form and color to 100% we started with Keystone slides. Fusion #1 and Fusion #2 followed by Keystone base out series. These are still being continued at present with any Rx.

3/20/58 Rx was changed to + 325 – 50 O. U.

7/8/58 Rx was changed to + 250 – 50 O.U.

11/20/58 Rx was changed to + 150 – 50 O.U.

With instructions use the + 250 O.U. for all close tasks.

Syntonics Rx employed # 1 – N/L Alpha Omega 10 minutes

“ “ “ #2 – N/L Alpha Upsilon 10 minutes.

Keystone E. C. series of slides were used continually with A. N. Zeta visual skills series as an additional stimulant, when centering became difficult in macular fusion training. When we started macular fusion with the eye comfort series, B. O. 1 EC 5 was the only target Beverly could fuse and keep centered from 14 inches to 80 inches with full Rx.

When we mastered the entire series with full Rx, we reduced the Rx and repeated the same procedure with lesser plus, always syntonizing after each visit, and repeating the procedure. We are now in the process of attempting to master the same targets without any Rx. The Zeta slide by A. N. Nichols I found to be superior to anything else for macular centering, also for widening the area of tolerance in visual reflex.

This project in the evaluation of Syntonics as an aid in conjunction with other exercises in the reduction of high plus, ties in with the previous research in the reduction pseudomyopia, except there are fewer potential prospects available or willing to stand the expense or give the time and necessary whole hearted cooperation.

In my small practice, I have had only about 15 who started the training and only 5 who have continued the training to satisfactory conclusion; 3 are still continuing with the training The age range is 3 to 65, of course I haven't turned any one down because of age.

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