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SYNTONIC CASE MANAGEMENT:


A HOLISTIC APPROACH TO NEURO-REHABILITATION

Syntonic 101

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Disclosure

- We have no financial interest in any of the items, methods, or equipment mentioned in this lecture



A NONPROFIT CORPORATION DEDICATED TO RESEARCH IN INSTRUMENTAL OPTICS,
THE THERAPEUTIC APPLICATION OF LIGHT TO THE VISUAL SYSTEM

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The Four Basic Syndromes

- Chronic
- Acute
- Amblyopic
- Emotional Fatigue

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Chronic Syndrome

- Most of your basic general skills cases
- Usually eso (but not always)
- Goal: stimulate sympathetic

Chronic Syndrome

- Filters
 - Usually alpha-omega/mu-delta
 - mu-delta only if field <5 deg

Acute Syndrome

- Trauma, inflammation
- Usually exophoric or exotropic
- Pain
- Goal: stimulate parasympathetic

Acute Syndrome

- Filters
 - Mu-epsilon
 - Upsilon-omega if pain reduction is primary goal

Amblyopia Syndrome

- Amblyopia
- Esotropia
- High esophoria
- Goal: stimulate sympathetic

Amblyopia Syndrome

- Filters
 - Alpha-delta/mu-delta
- Nascentization
 - Red/blue glasses
 - Red on amblyopic eye
 - Do for 5 minutes prior to regular syntonics session

Emotional Fatigue Syndrome

- Usually long standing issues
- May have started out as acute case, but now has adrenal fatigue
- Alpha omega pupil
- Goal: Stimulate adrenals

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Emotional Fatigue Syndrome

- Filters
 - Alpha-omega/mu-delta
 - Or Alpha-omega alone

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Hancock Decision Tree

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graph TD
    Para --> mu
    mu --> mu_epsilon[mu-epsilon]
    mu --> mu_delta[mu-delta]
    mu_epsilon --> omega
    mu_epsilon --> epsilon_omega[epsilon-omega]
    mu_epsilon --> mu_epsilon_delta[mu-epsilon-delta]
    omega --> alpha_omega[alpha-omega]
    alpha_omega --> alpha_delta[alpha-delta]
    
```

Para mu Symp

mu-epsilon mu-delta

omega alpha-omega

epsilon-omega alpha-delta

mu-epsilon-delta

Acute Exo Chronic Eso

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Collier's Syndromes

- Fight/Flight
 - Omega – N
- Hyper/Hypo
 - Pi - Omega

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Important Points

- History, history, history
- Does it fit a syntonc syndrome?
- KISS
- Monitor cases closely
- Start with "easy" cases
- Thank your mentors

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Case 1 - Elizabeth

- 9 y.o. girl
- Can't concentrate at school
- Headaches, eye aches
- Possible diplopia
- Avoids close work

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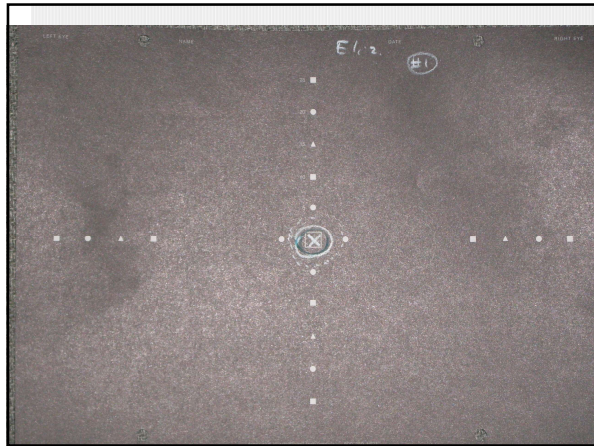
NAME _____	DATE <u>12-30-20</u>	FEE POINT _____
Please assign a value between 0 and 4 for each symptom.		
0 = never or non-existent / 1 = seldom / 2 = occasionally / 3 = frequently / 4 = always		
1. Blurred vision at rest		1
2. Double vision		2
3. Headaches associated with near work		1
4. Words run together when reading		3
5. Blurring, watering, stinging eyes		3
6. Falling asleep when reading		1
7. Vision worse at the end of the day		2
8. Blipping or repeating lines when reading		2-4
9. Headache or dizziness associated only with near work		1
10. Head tilt or tilting eye when reading		4
11. Difficulty seeing from the chalkboard		4
12. Breakdown of reading at near work		4
13. Omitting small words when reading (e.g. the, she, is, with, they)		2
14. Writing uphill or downhill		3-4
15. Misreading digits in columns of numbers		3
16. Reading comprehension declining over time		4
17. Inconsistent poor poem preference		2-3
18. Holding reading material too close		4
19. Short attention span		1
20. Difficulty completing assignments in reasonable time		4
21. Saying "I can't" before trying		1-2
22. Avoiding sports and games		2
23. Difficulty with handwriting, spelling, arithmetic, science		2
24. Inability to estimate distances accurately		2
25. Tendency to knock things over on desk or table		3-4
26. Difficulty with time management		4
27. Difficulty with money concepts, making change		4
28. Misplace or lose papers, objects, belongings		4
29. Car accidents/traffic tickets		4
30. Forgetful, poor memory		4

Findings Pre-Syntonics

- DVA – 20/40 OD, OS
- NVA – 20/80 OD, OS
- NPC – 3"/8"
- Pupils – 3+ aw
- Subjective
 - Plano 20/30 OD, OS
- Dist phoria – ortho

Add'l Findings

- Dist BO – 14/6
- Dist BI – 6/1
- Near BO – 14/4
- Near BI – 4/0
- PRA - -0.25
- NRA - +1.00



What do you do now?

- Does it fit a syndrome?
- What filters to choose?

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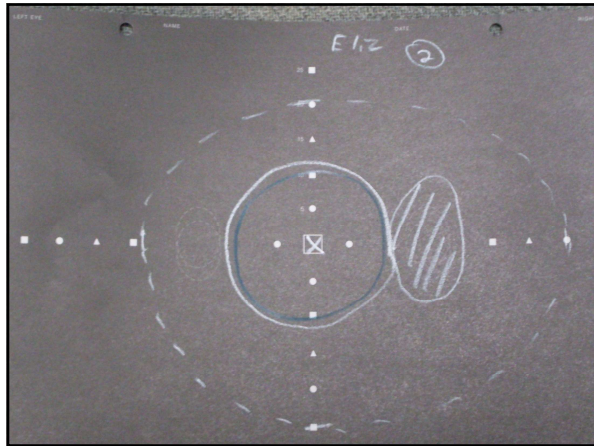
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Eliz - First Progress Test

- Hx: increased interest in school
- DVA – 20/50 OD, OS
- NVA – 20/40 OD, OS
- NPC – 3"/7"
- Most findings unchanged

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So far, so good

- Stay with syntonics?
- Filters?

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Next Progress Eval

- Hx: huge increase in school performance
- DVA – 20/20 OD, OS
- NVA – 20/20 OD, OS
- Subjective
 - Plano 20/20 OD, OS
- Dist BO 24/12
- Dist BI 4/1

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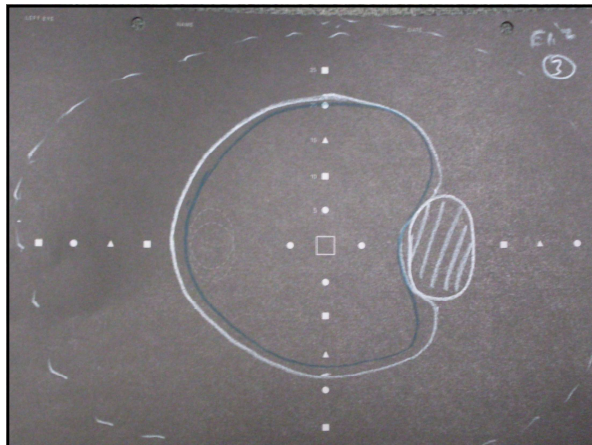
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Add'l Findings

- Near BO 24/4
- Near BI 16/8
- PRA -2.00
- NRA +1.75

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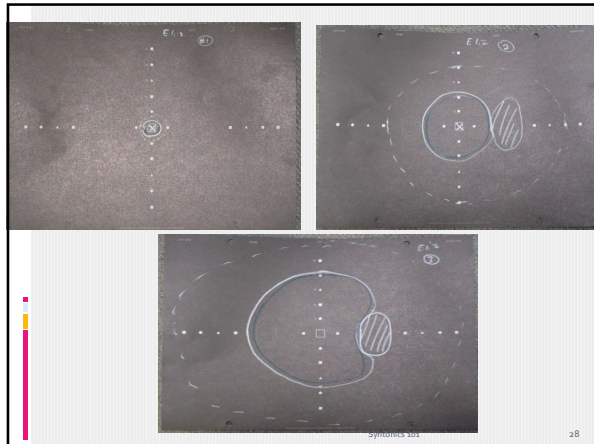


Plan

- Discontinue syntonics
- Rx - +0.50 OU for near work

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Case 2 – Mike

- 30 y.o. male
- TBI/MVA –11 months earlier
- VA varies – worse in PM
- Feels eye “drift” when driving
- Feels vision “tunnel”
- Reading is very hard
- Drives for a living

Findings– pre-syntonics

- Mild CMA
- VA : 20/20 OU dist and near
- Near phoria 12 exo
- Near BO: 14/2
- Near BI: 13/10

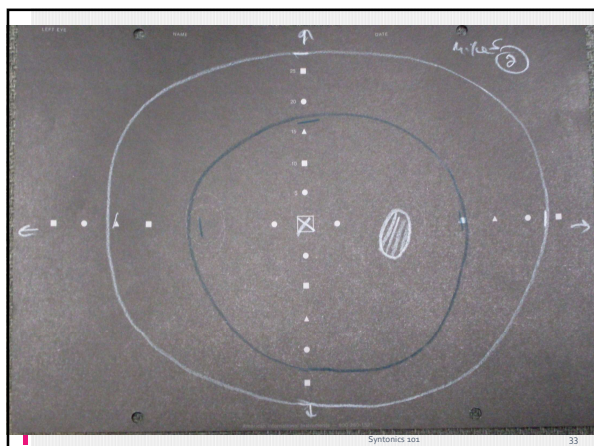
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What do you do now?

- Does it fit a syndrome?
- What filters to choose?

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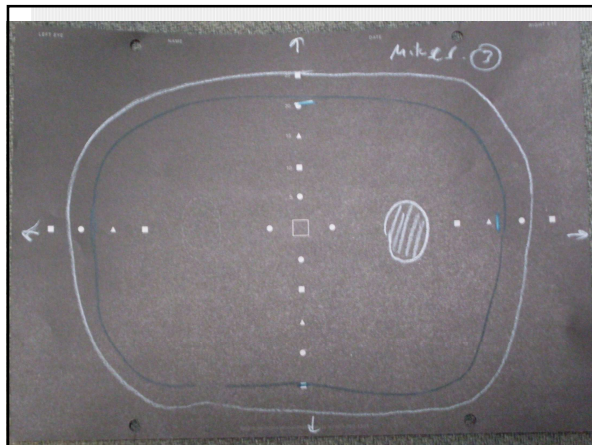
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Doing well

.....now what?

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Findings - post

Reduced symptoms

Less eye drifting sensation

Feels more "focused"

Starting to read again

Near phoria: 8 exo

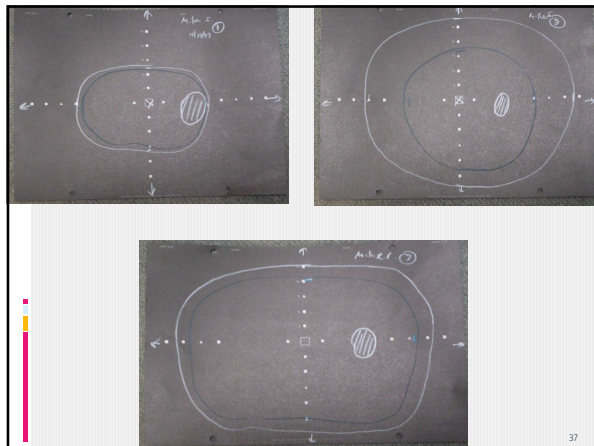
Near BO: 12/8

Near BI: 10/2

Plan: 12 weeks of VT

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Danielle

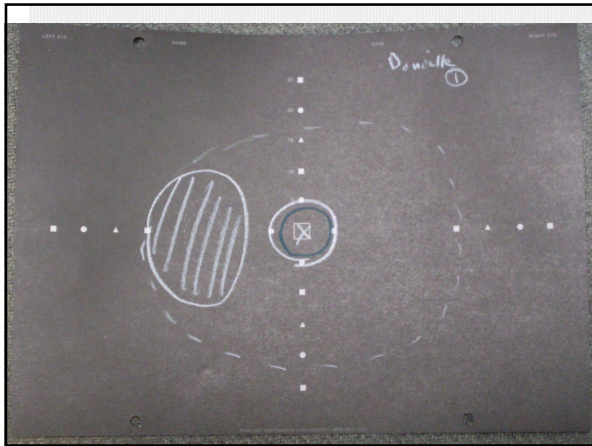
- 7 y.o. first grader
- Hx of amblyopia
 - Had Rx and some patching
- Frequent HA's, writing problems
- Repeated kindergarten

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Findings Pre-Syntonics

- Uncorrected VA
 - 20/20 OD, 20/400 OS
- Corrected VA
 - OD +0.50 20/20
 - OS +4.00-0.75x75 20/50

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Syndrome?

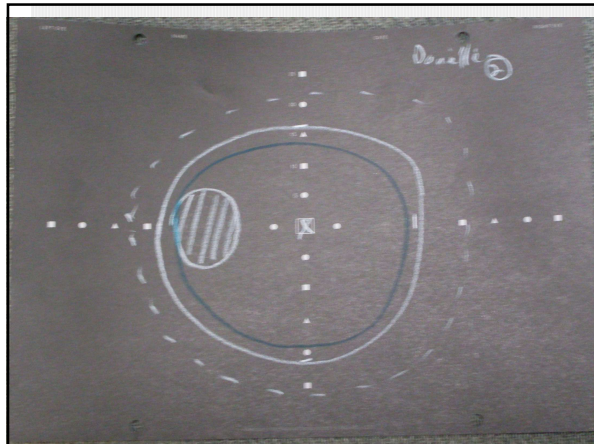
- Filters??

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First Follow-up

- Decreased symptoms
- Increased school performance
- VA 20/20 OD, 20/30 OS
- Other findings unchanged



Now What?

- Lenses Rx'd**
 - OD +0.25
 - OS +3.75-0.75x75
 - +1.00 add OU
- Patience needed – three months off**
 - Repeat syntonics then

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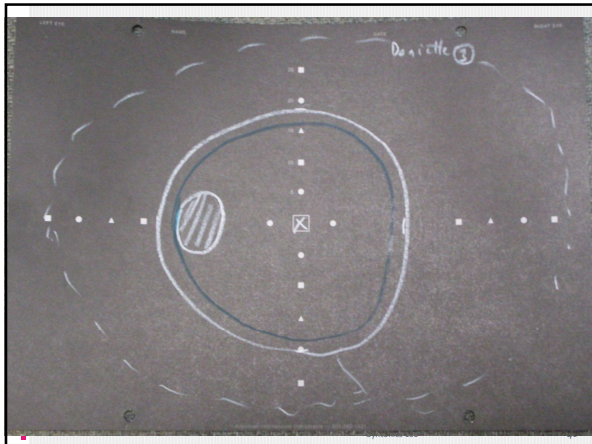
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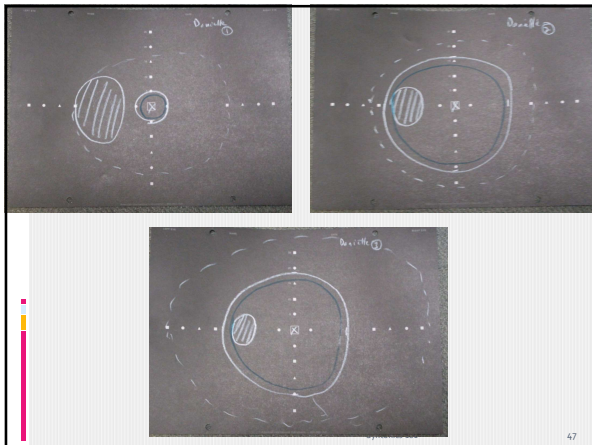
After Second Series

- Improved reading and writing
- Homework is "another world"
- VA**
 - 20/20 OD
 - 20/25 OS

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Devon

- 10 y.o. 6th grader
- Eyes hurt, can't read long, eyes feel like they cross or move seperately
- Battle to do homework
- Poor response to VT

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Findings Pre-Syntonics

- DVA – 20/30 OD, OS
- NVA – 20/40 OD, OS
- NPC – 8"/12"
- Pupils – 2+ aw
- Subjective
 - -3.00 20/25 OD, OS
- Dist phoria – 1 exo

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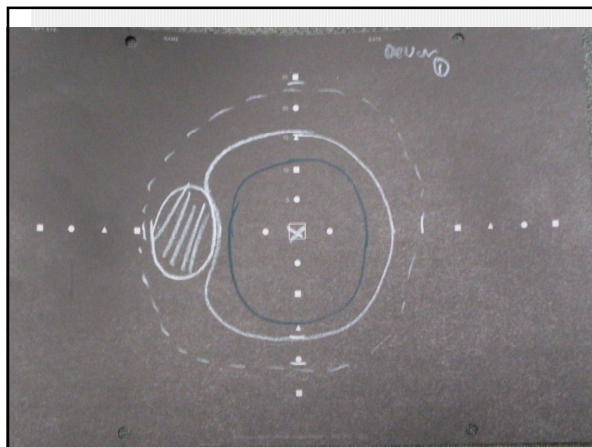
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Add'l Findings

- Dist BO – 6/4
- Dist BI – 4/2
- Near BO – 4/1
- Near BI – 14/8
- Acc Ampl – 5.00
- PRA - -2.75
- NRA - +2.25
- King-Devick tot = 97.6 sec (7 yo score)

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So...Tried VT

- Lots of Headaches – now resists
- Syndrome?
- Filter choice?
- Additional history information is key here
- Ear infections

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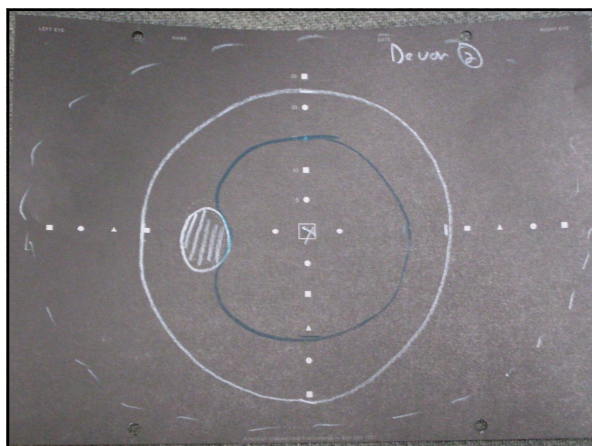
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Good Response

- Fewer headaches
- Clearer vision
- King-Devick now is 70 sec (10 yo score)

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Filters?

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Final Results

Now volunteers to read at school!

DVA 20/25 OD, OS

NVA 20/20 OD, OS

No alpha-omega pupil

Dist BO – 30/18

Dist BI – 8/3

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Near BO – 30/18

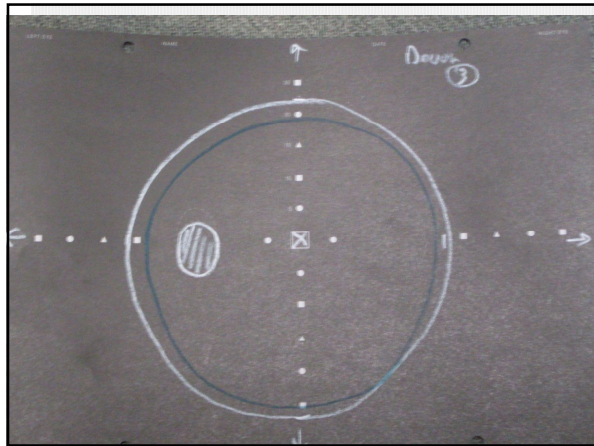
Near BI - 18/11

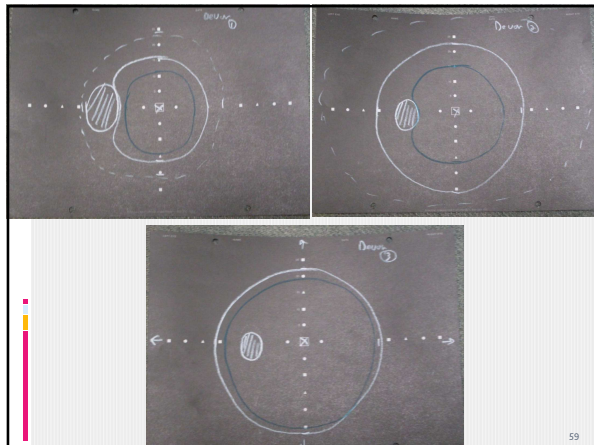
King-Devick 61 sec (11 yo score)

Rx'd subj with +1.00 add

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Summary

- History is Critical to Success
- Look for Basic Syndromes
- Start with "Easy" Cases
- Monitor Closely
- And...
 - Ask a mentor for help

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