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## SYNTONIC CASE MANAGEMENT: A HOLISTIC APPROACH TO NEURO-REHABILITATION

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## Financial Relationships Disclosure

Dr. Robert Fox hereby states he has no financial relationships related to the content of this lecture.

All relevant relationships have been mitigated.

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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

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## Chronic Syndrome

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

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## Acute Syndrome

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

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## Acute Syndrome

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

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## Amblyopia Syndrome

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

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## Amblyopia Syndrome

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

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## 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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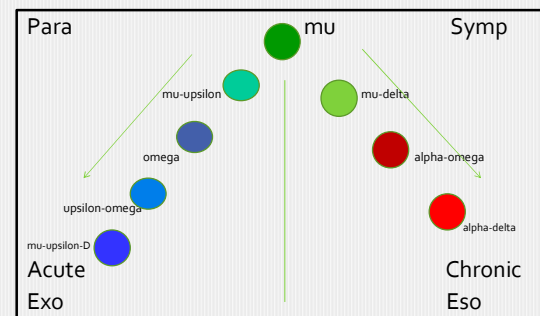
## Emotional Fatigue Syndrome

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

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## Hancock Decision Tree



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## Collier's Syndromes

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

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## Important Points

- History, history, history
- Does it fit a syntonics 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: 12-30-2020 FILE: POST

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 near	1
2. Double vision	1
3. Headaches associated with near work	2
4. Words run together when reading	1
5. Burning, stinging, watery eyes	3
6. Fading letters when reading	5
7. Vision worse at the end of the day	7
8. Skipping or repeating lines when reading	2
9. Distances or numbers associated with near work	3-4
10. Head tilt or closing one eye when reading	1
11. Difficulty coping from the chalkboard	4
12. Avoidance of reading and near work	4
13. Quitting school work when reading	4
14. Writing uphill or downhill	3
15. Misaligning digit in column of numbers	3-4
16. Reading comprehension declining over time	4
17. Inattention/poor spatial performance	2-3
18. Holding reading material too close	4
19. Short attention span	4
20. Difficulty completing assignments in reasonable time	4
21. Saying "I can't" before trying	1-2
22. Avoiding sports and games	1
23. Difficulty with hand tools, scissors, screwdriver, calculator, keys	2
24. Inability to estimate distances accurately	2
25. Tendency to knock things over on desk or table	4
26. Difficulty with time management	3-4
27. Difficulty with money concepts, making change	2
28. Mixups or losses papers, objects, belongings	1
29. Can't know when to leave	1
30. Forgetful, poor memory	3-4

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## 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

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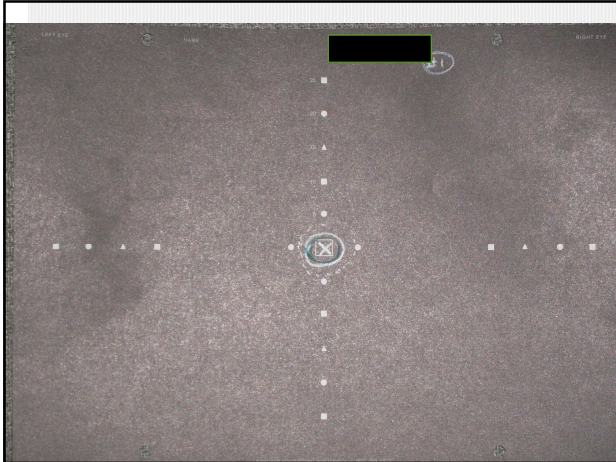
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## Add'l Findings

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

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## What do you do now?

- Does it fit a syndrome?
- What filters to choose?
- **Mu-delta (green-amber)**

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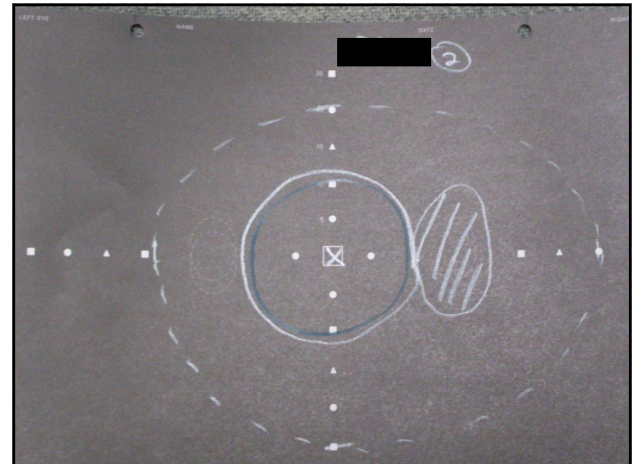
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## Eliz – First Progress Test

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

Syntonics s01

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## So far, so good

- Stay with syntonics?
- Filters?
- **Alpha-omega / Mu-delta**
- (Red-blue / green-amber)

Syntonics s01

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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

Syntonics s01

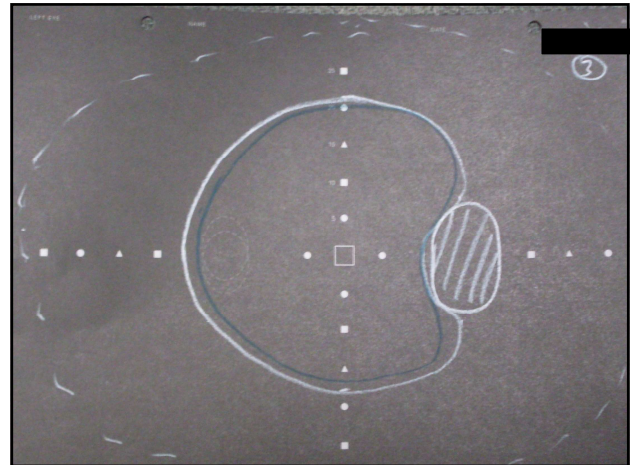
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## Add'l Findings

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

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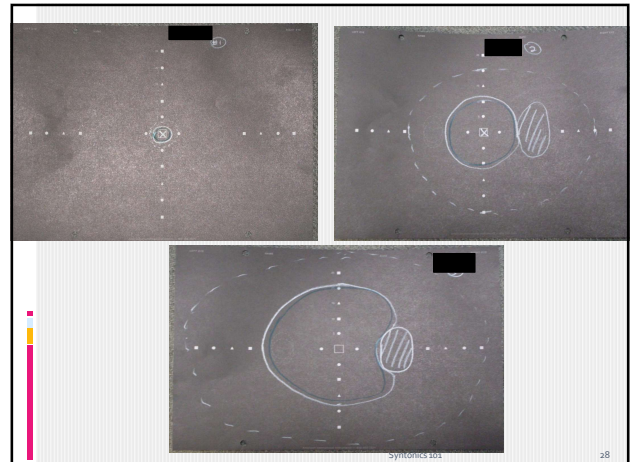


## Plan

- 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

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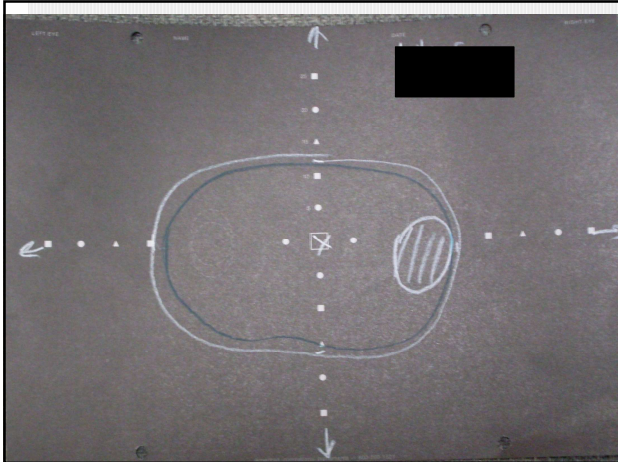
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## Findings– pre-syntonics

- 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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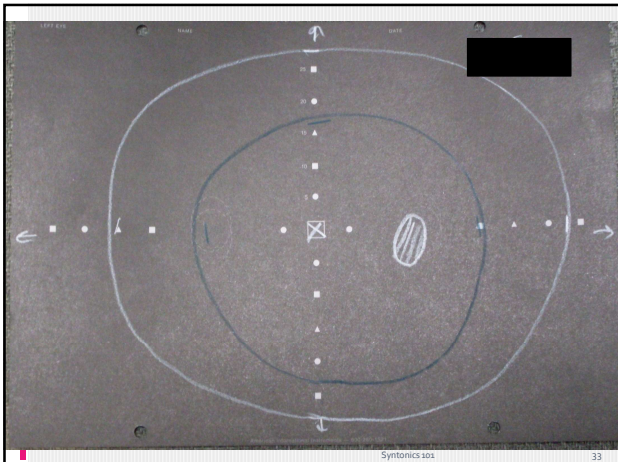


## What do you do now?

- Does it fit a syndrome?
- What filters to choose?
- Mu-epsilon (blue-green)

Syntonic 501

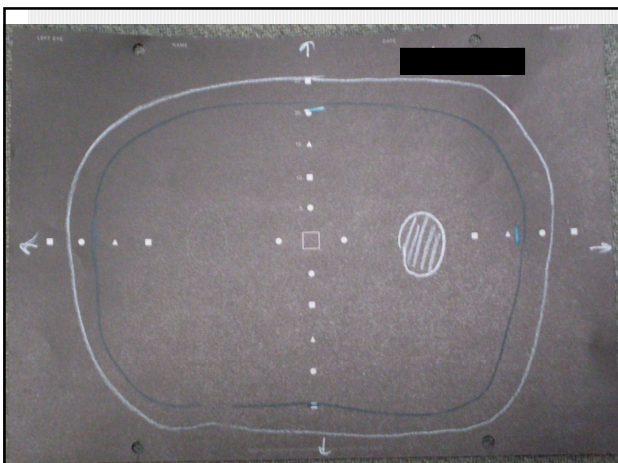
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- Doing well
  - .....now what?
- Upsilon-omega / mu-epsilon
- (Blue-indigo / green-blue)

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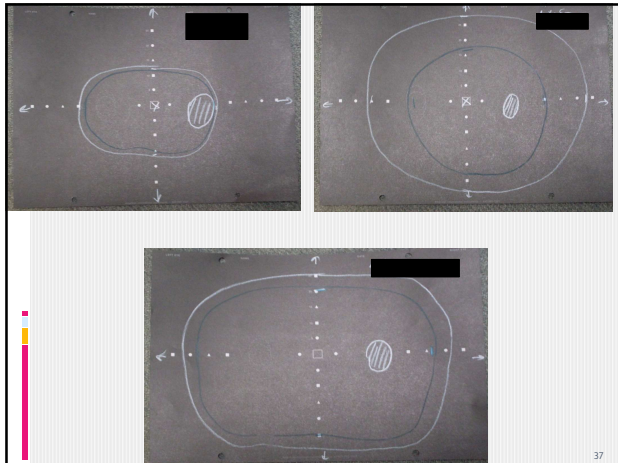
## Findings – post

- 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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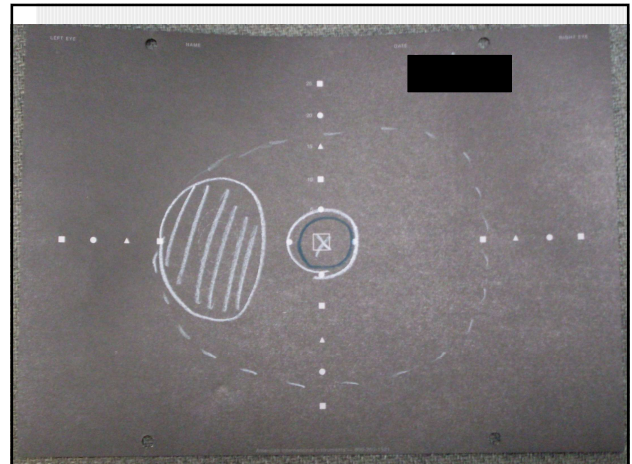
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## Findings Pre-Syntonics

- 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??
- Alpha-Delta / Mu-Delta
- (red-amber / green-amber)

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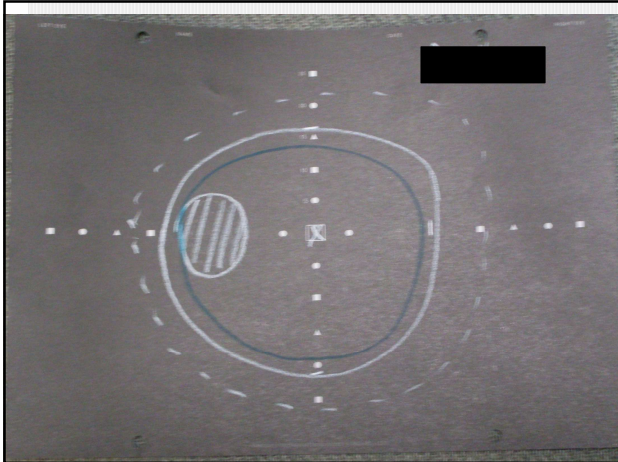
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## First Follow-up

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

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## 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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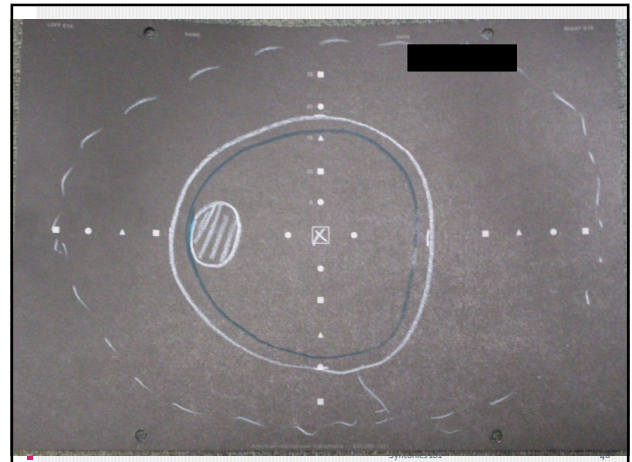
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## After Second Series

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

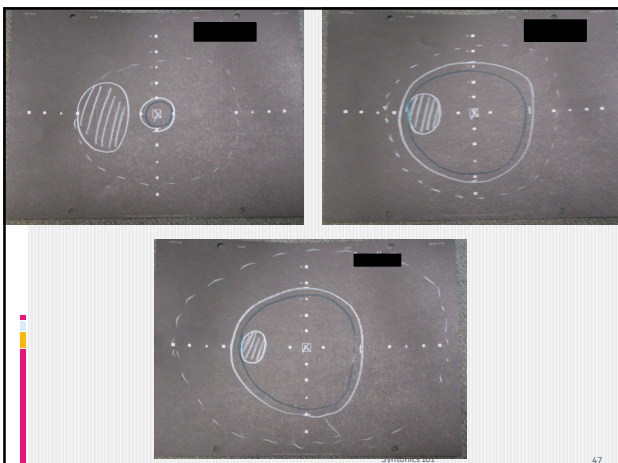
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## Devon

- 10 y.o. 6<sup>th</sup> grader
- Eyes hurt, can't read long, eyes feel like they cross or move separately
- 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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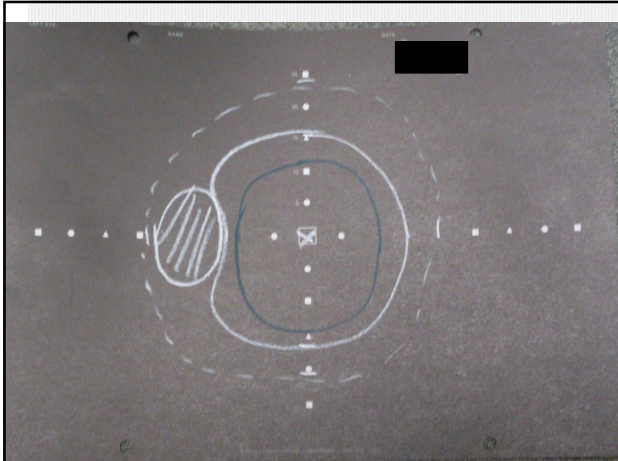
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## Add'l Findings

- 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
- Mu-epsilon (green-blue)

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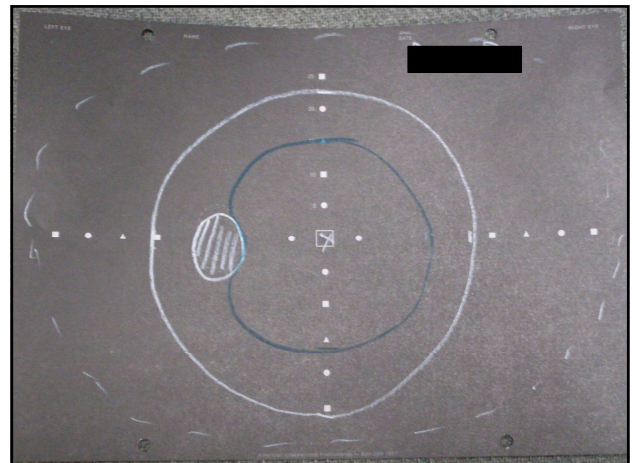
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## Good Response

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

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- Filters?
- Add **upsilon-omega (blue-indigo)**

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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

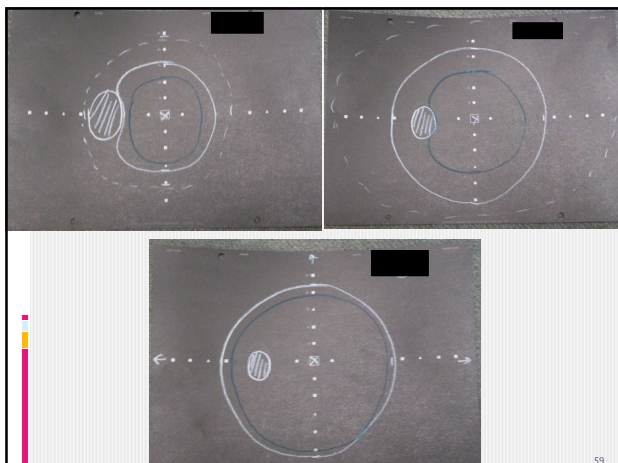
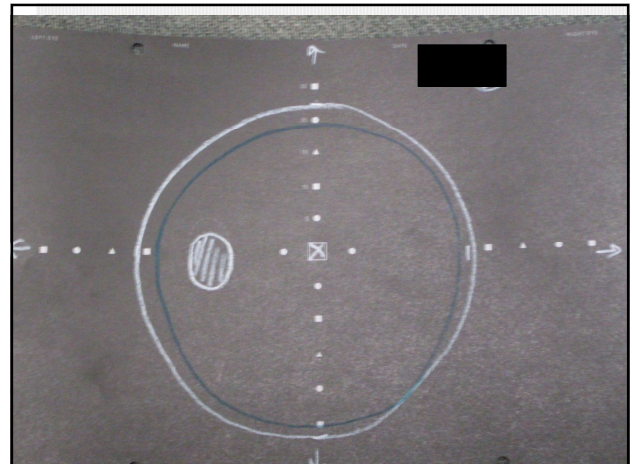
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- Near BO – 30/18
- Near BI - 18/11
- King-Devick 61 sec (11 yo score)
- Rx'd subj with +1.00 add

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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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