

Robert S. Fox, O.D., F.C.O.V.D., F.C.S.O

SYNTONIC CASE MANAGEMENT: A HOLISTIC APPROACH TO NEURO-REHABILITATION

Syntonics 101

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Financial Relationships Disclosure

**Dr. Robert Fox and Dr. Phil Bugaiski hereby state
they have no financial relationships related to
the content of this lecture.**

All relevant relationships have been mitigated.

Robert Fox, OD, FCOVD, FCSO Syntonics 101

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The Four Basic Syndromes

- Chronic
- Acute
- Amblyopic
- Emotional Fatigue

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Chronic Syndrome

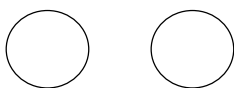
- Most of your basic general skills cases
- Usually eso (but not always)
- Goal: stimulate sympathetic

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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

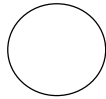
- Trauma, inflammation
- Usually exophoric or exotropic
- Pain
- Goal: stimulate parasympathetic

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Acute Syndrome

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



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Amblyopia Syndrome

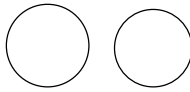
- Amblyopia
- Esotropia
- High esophoria
- Goal: stimulate sympathetic

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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

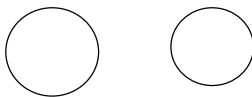
- Usually long standing issues
- May have started out as acute case, but now has adrenal fatigue
- Alpha omega pupil
- Goal: Stimulate adrenals

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Emotional Fatigue Syndrome

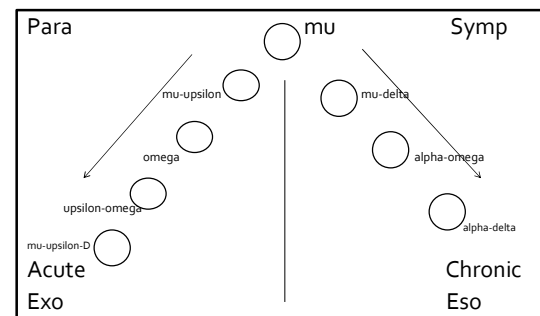
- Filters
 - Alpha-omega/mu-delta
 - Or Alpha-omega alone



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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: 12-50-20 PRE: 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 rest	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. Falling asleep when reading	2
7. Vision worse at the end of the day	2
8. Sleeping or yawning (not when reading)	2, 4
9. Dizziness or nausea associated with near work	1
10. Head tilt or closing one eye when reading	4
11. Difficulty copying from the chalkboard	4
12. Avoidance of reading and near work	4
13. Omitting small words when reading (when she is watching <u>Netflix</u>)	3
14. Writing uphill or downhill	3, 4
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) <u>she</u>	2
24. Inability to estimate distances accurately	2
25. Tendency to knock things over on desk or table	4, 3, 4
26. Difficulty with time management	4
27. Difficulty with money concepts, making change	2
28. Mishplaces or loses papers, objects, belongings	4
29. Can't remember names of faces	4
30. Forgetful, poor memory	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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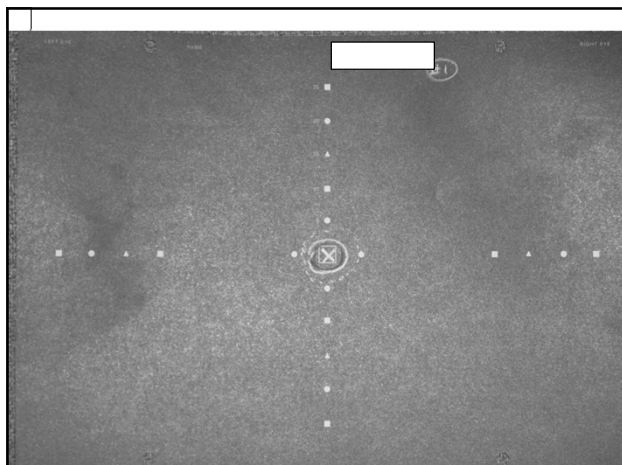
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Add'l Findings

- 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?

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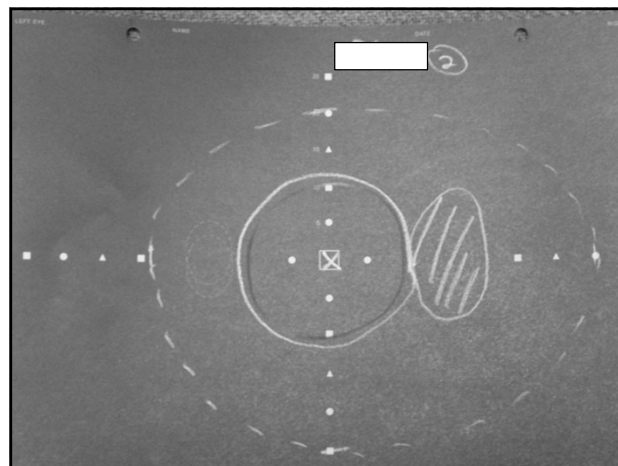
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Eliz - First Progress Test

- 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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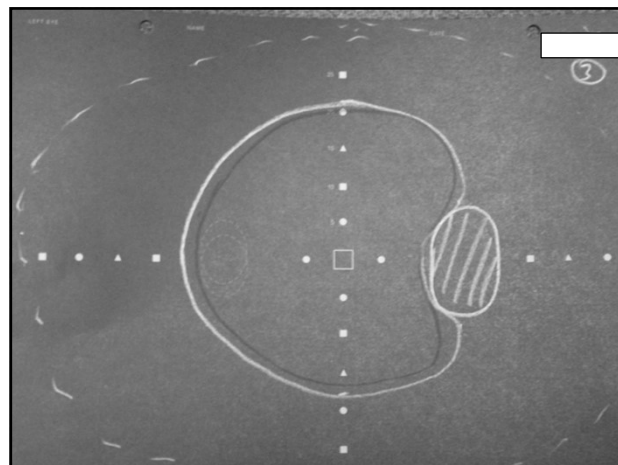
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Add'l Findings

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

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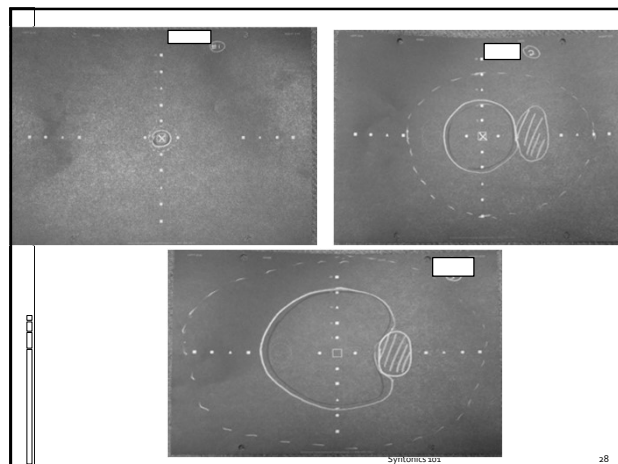


Plan

- 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

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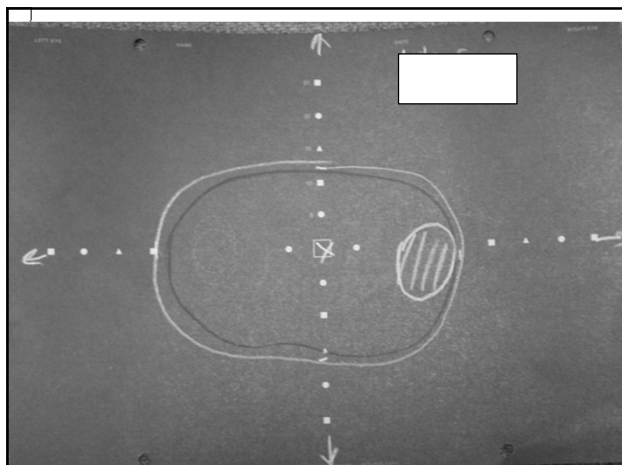
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Findings– pre-syntonics

- 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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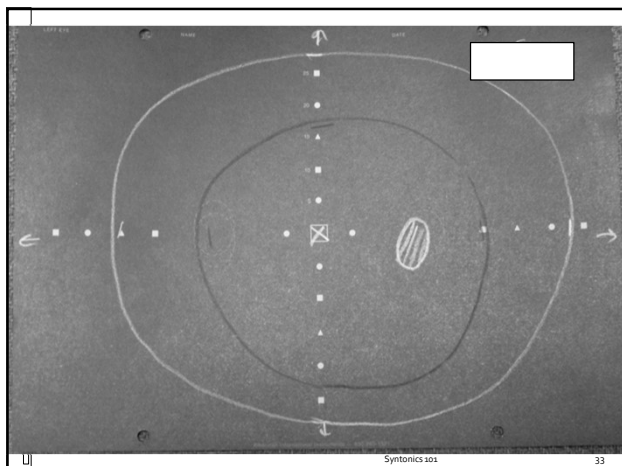


What do you do now?

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

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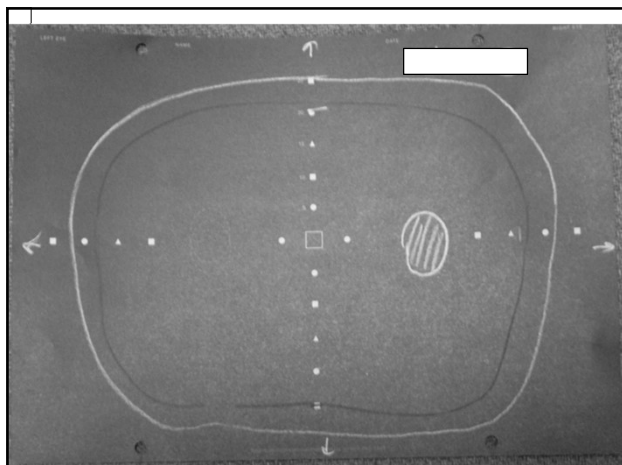
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- Doing well
 -now what?

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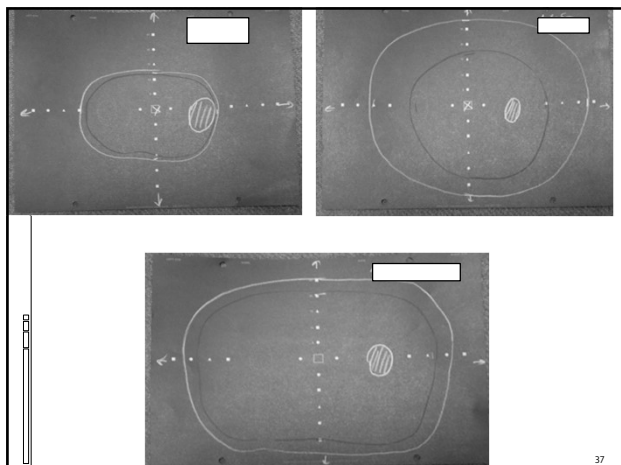


Findings - post

- 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

Syntonics s01

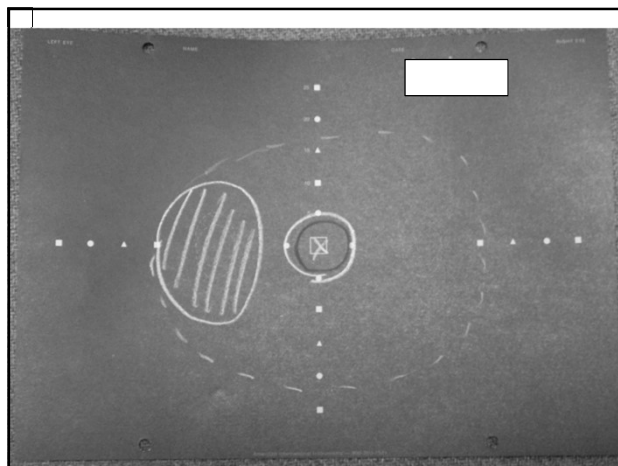
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Findings Pre-Syntonics

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

Syntonics s01

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Syndrome?

- Filters??

Syntonics s01

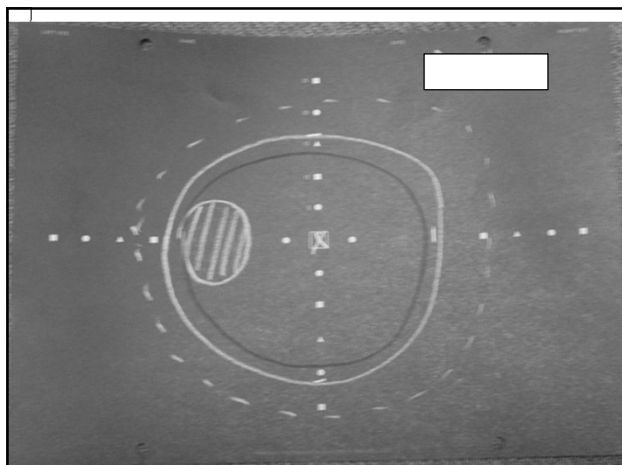
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First Follow-up

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

Syntonics s01

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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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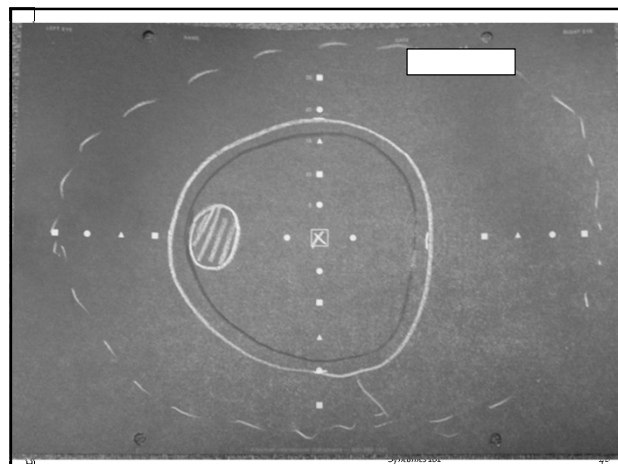
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After Second Series

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

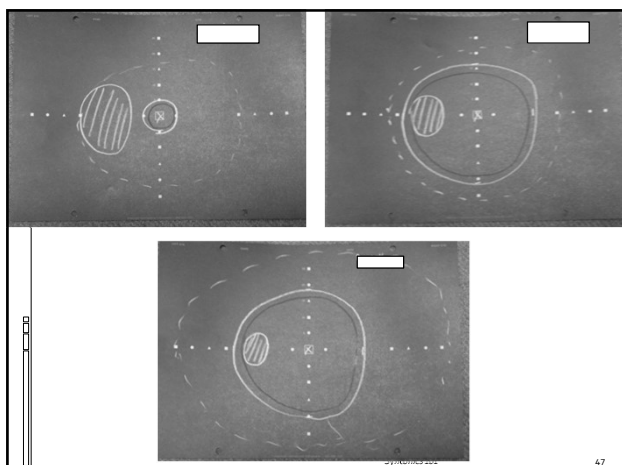
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Syntonics 302

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Syntonics 303

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Devon

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

Syntonics 303

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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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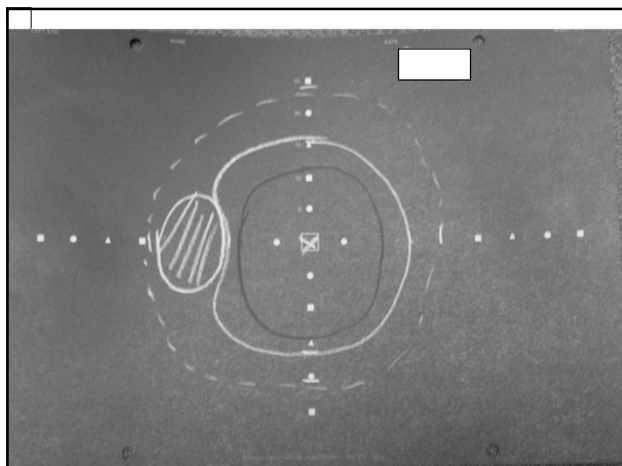
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Add'l Findings

- 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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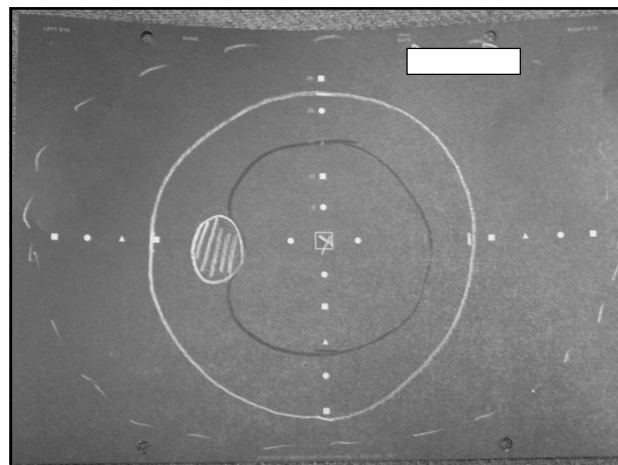
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Good Response

- 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

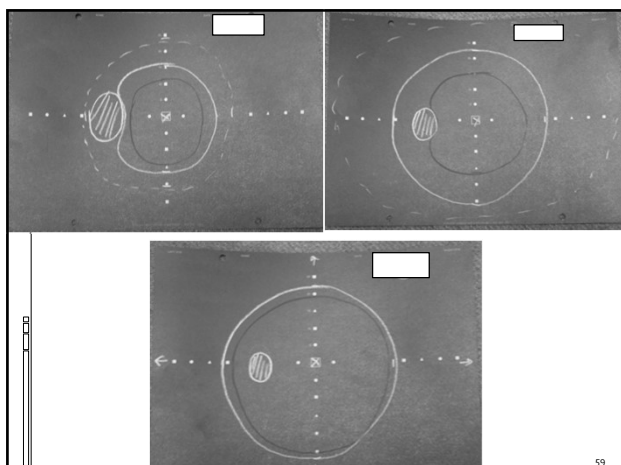
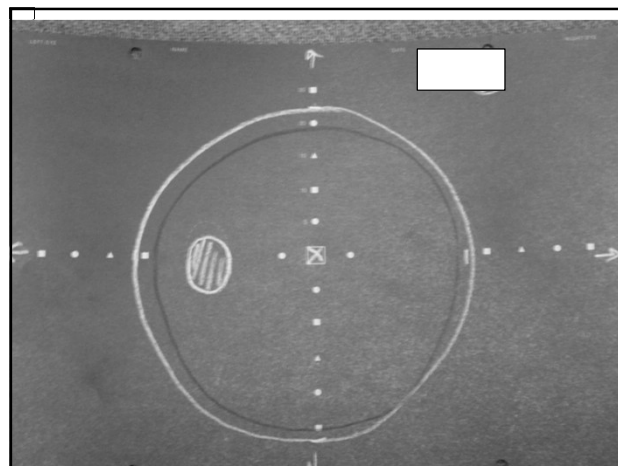
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- Near BO – 30/18
- Near BI - 18/11
- King-Devick 61 sec (11 yo score)
- Rx'd subj with +1.00 add

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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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