



Strabismus

Overview:

Strabismus refers to misaligned eyes. If the eyes turn inward (crossed), it is called esotropia. If the eyes turn outward (wall-eyed), it is called exotropia. One eye can be higher than the other which is called hypertropia (for the higher eye) or hypotropia (for the lower eye). Strabismus can be subtle or obvious, intermittent (occurring occasionally), or constant. It can affect one eye only or alternate between the eyes.

Strabismus in Children:

Children often have inward turning eyes due to a focusing mechanism. As part of your child's first exam, the ophthalmologist will assess if there is any significant glasses prescription that may be causing the eye turn. Other strabismus can occur due to weak or overacting muscles, so this will be assessed also. The development of vision occurs in childhood, so it's important to assess the vision (of each eye) as the eye with strabismus can be less developed visually, than the straight eye. If eye misalignment is not treated early enough, it can cause reduced vision called amblyopia.

Strabismus in Adults:

Adults can have strabismus that developed in childhood that is becoming troublesome again, or they may have developed it more recently. It can be the result of poor muscle control or the nerves which supply the muscles. When strabismus is present in adults, then double vision is often present. Treatment of this strabismus involves investigating the cause, treating any underlying health issues, treating symptoms short term until the symptoms resolve or planning treatment for a long term solution (eg prism or surgery)

Strabismus (at any age) requires an individual treatment plan which your ophthalmologist will recommend, and orthoptist will support you with. If you have any questions, please ask us. We are here to help you.