

Vis-à-vis

Suppression Therapy Phase 3

Purpose:

Elimination of monocular suppression at distance

Equipment: 2 pairs of Polarized goggles

Procedure:

1. The patient and the therapist both wear a pair of polarized spectacles and stand facing each other. The patient and therapist should initially stand 2-3 feet from one another.
2. If the patient is not suppressing an eye, she should be able to see both of the therapist's eyes through the therapist's polarized glasses. If she is suppressing her right eye, the therapist's left eye will not be visible. If the patient is suppressing her left eye, the therapist's right eye will not be visible. This should be demonstrated to the patient by having the patient cover an eye while looking at the therapist.
3. Once the patient understands that when the therapist's right eye looks dark, she is suppressing her left eye and when the therapist's left eye looks dark, she is suppressing her right eye, then have the patient observe the therapist's eyes for signs that she is suppressing. If suppression is noticed, the therapist should coach the patient to —think hard about looking out of the suppressing eye || and make it —come back on || .
4. Once the patient is able to keep both eyes from suppressing at a distance of 2-3 feet, the distance should be increased. Increasing distance makes it more difficult to prevent suppression.
5. To check the patient's attentiveness, the therapist may close an eye and ask the patient if he can tell which of his eyes are closed. To correctly answer, the patient must be able to see both of the therapist's eyes (have no suppression).
6. Once the patient has demonstrated fairly good control of suppression, the therapist may challenge the patient by having the patient control suppression while balancing on one foot and/or by doing simple math problems or spelling short words backwards.

Coaching:

The patient should —look hard || out of the suppressing eye and try to —look through the side of the glasses that look dark || . Quick cover and uncover with the cover paddle (or a hand) may help break suppression. If the patient can not break suppression, the patient should be moved closer to the therapist.

Goal:

To control suppression in the amblyopic eye (less than 10% of the time) and maintain binocularity at all distances (2 to 10 feet)