ALTERNATING COMITANT ESOTROPIA
ICD-9-CM: 378.05

DEFINITION:
(Convergent Strabismus, Alternating Comitant) A condition in which binocular fixation is not present under normal seeing conditions. The foveal line of sight of one eye or the other deviates inward and fails to intersect the object of fixation. Either eye may deviate. The angle of deviation remains constant for all directions of gaze.

SIGNS AND SYMPTOMS:
The symptoms and signs associated with alternating comitant esotropia may include, but are not limited to, the following:

- Difficulty visually tracking and/or following objects
- Loss of place, repetition, and/or omission of words and/or lines of print while reading
- Need to utilize a marker to avoid loss of place
- Frequent transpositions when copying from one source document to another
- Diminished accuracy with increased time on task
- Abnormal postural adaptation/abnormal working distance (ICD: 781.9)
- Inaccurate/inconsistent work product
- Reduced efficiency and productivity
- Photophobia
- Diplopia (ICD: 368.2)
- Eye turn, deviation
- Visual field neglect
- Inaccurate/inconsistent depth judgement
- Spatial disorientation
- Asthenopia (ICD: 368.13)
- Inaccurate/inconsistent visual attention/concentration and/or awareness
- Increased distractibility
- Difficulty sustaining near visual function
- Abnormal general fatigue
- Dizziness/vertigo; especially during/after sustained visually-demanding tasks (ICD: 780.4780.4)
- Motion sickness (ICD: 994.6)
- Dysrhythmia
- Incoordination/clumsiness (ICD: 781.3)
- Inaccurate eye-hand coordination

DIAGNOSTIC FACTORS:
Alternating comitant esotropia is characterized by one or more of the following diagnostic findings:

- Strabismus, esotropia
- Alternating fixation
- Comitant

Note: Additional testing may be appropriate as part of the differential diagnosis to rule out other potential causes of reduced visual acuity and visual performance. Other potential causes include refractive, alternating comitant esotropia, psychogenic, and other structural/pathological defects.

THERAPEUTIC MANAGEMENT CONSIDERATIONS:
The doctor of optometry determines appropriate diagnostic and therapeutic modalities, and frequency of evaluation and follow-up, based on the urgency and nature of the patient’s conditions and unique needs. The management of the case and duration of treatment would be affected by:

- The severity of symptoms and diagnostic factors including onset and duration of the problem
- The implications of associated visual conditions
- Implications of patient’s general health and effects of medications taken
- Etiological factors
- Extent of visual demands placed upon the individual
- Patient compliance and involvement in the prescribed therapy regimen
- Type, scope, and results of prior interventions
PRESCRIBED TREATMENT REGIMEN:
Successful treatment of alternating comitant esotropia must address the defective performance of the amblyopic visual system and the accompanying strabismus and associated conditions. Orthoptics/vision therapy (including prism/lens therapy) is usually required to achieve maximum improvement in patients with alternating comitant esotropia. Optometric orthoptics/vision therapy usually incorporates the prescription of specific treatments in order to:

- Provide a clear optical image
- Normalize and equalize fixation accuracy
- Normalize and equalize oculomotor control
- Normalize and equalize accommodative accuracy and responses
- Eliminate abnormal suppression
- Eliminate the strabismus and associated conditions
- Normalize associated deficiencies in ocular motor control
- Eliminate suppression
- Normalize fusional vergence ranges
- Normalize fusional vergence facility and flexibility
- Normalize fusional vergence stability
- Normalize accommodative/convergence relationships
- Normalize depth judgments and/or stereopsis
- Integrate binocular function with information processing
- Reduce or eliminate esophoria
- Normalize abductive ranges
- Integrate ocular motor skills with accurate motor responses
- Integrate ocular motor skills with other sensory skills (vestibular, kinesthetic, tactile, and auditory)

DURATION OF TREATMENT:
The following treatment ranges are provided as a guide for third-party claims processing and review purposes. Treatment duration will depend upon the particular patient’s condition and associated circumstances. When duration of treatment beyond these ranges is required, documentation of the medical necessity for additional treatment services may be warranted.

- The most commonly encountered alternating comitant esotropia case usually requires 55 to 70 hours of office therapy.
- The rare, uncomplicated, cases of alternating comitant esotropia that are associated with an infrequent strabismus and no associated conditions may require 40 to 50 hours of office therapy.

FOLLOW-UP CARE:
At the conclusion of the active treatment regimen, periodic follow-up evaluation should be provided at appropriate intervals. Therapeutic lenses may be prescribed during or at the conclusion of active vision therapy for the maintenance of long-term stability. Some cases may require additional therapy due to decompensation.