**STRABISMUS**

**Strabismus is a disorder in which the two eyes do not line up in the same direction, and therefore do not look at the same object at the same time. The condition is more commonly known as "crossed eyes."**

## What causes strabismus?

Strabismus can be caused by problems with the eye muscles, the nerves that transmit information to the muscles, or the control center in the brain that directs eye movements.

It can also develop due to other general health conditions or eye injuries.

Risk factors for developing strabismus include:

* *Family history*– individuals with parents or siblings who have strabismus are more likely to develop it.
* *Refractive error*– people who have a significant amount of uncorrected farsightedness (hyperopia) may develop strabismus because of the additional amount of eye focusing required to keep objects clear.
* *Medical conditions*– people with conditions such as Down syndrome and cerebral palsy or who have suffered a stroke or head injury are at a higher risk for developing strabismus.

**Vision therapy** is a structured program of visual activities prescribed to improve eye coordination and eye focusing abilities. Vision therapy trains the eyes and brain to work together more effectively. These eye exercises help remediate deficiencies in eye movement, eye focusing and eye teaming and reinforce the eye-brain connection.

Treatment may include office-based as well as home training procedures. Dr Gupta provides glasses first to see if there is any improvement with strabismus, and in advanced cases refers to a Pediatric ophthalmologist for evaluation, treatment and surgery to straighten the eyes.