

## SELF-TESTING EYE MOVEMENT PROBLEMS

In Thyroid Eye Disease, the muscles that move the eyes may stop working together, which can cause double vision, the appearance of two images at the same time. The double images might be one on top of the other, side by side, one off at an angle, or any combination of the above. If the double vision is slight, then the image may simply appear “ghosted” with a “shadow” alongside the primary image. Double vision caused by an eye muscle problem should always vanish if either eye is closed. If you have double vision, checking for a change (worsening OR improving) should be performed at least once a week, and all changes that persist for more than three days should be reported at once.

1. To perform the test, stand in front of a large book shelf, a large piece of artwork, or patterned wall paper. Your head (A) should be pointed straight ahead. Tipping your chin upward or downward will confound the test. Stand in bare or stocking feet (B). (Figure 1).
2. Measure the distance from the floor to your eyes and then place a small marker with blue painters’ tape (BPT) at exactly that distance up from the floor on the wall (D). This marks your “point of primary regard” (E) where you see a single image. (Figure 2).
3. Next, measure a distance (C) 4 to 12 feet from the wall and mark this space on the floor with another piece of BPT. The closer you are to the wall, the more sensitive the test will be to detect change. The worse your double vision is to start, the farther you should stand from the wall. (Figure 1).
4. Start your test by staring at point E, see how far downward you can move your eyes before seeing double, and mark this spot with another piece of BPT (F). Do the same looking upward (H), left (I), and right (G). (Figure 2).

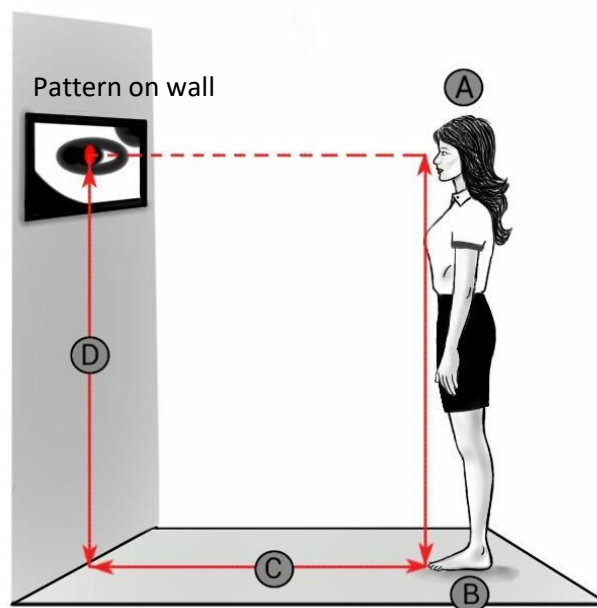


Figure 1

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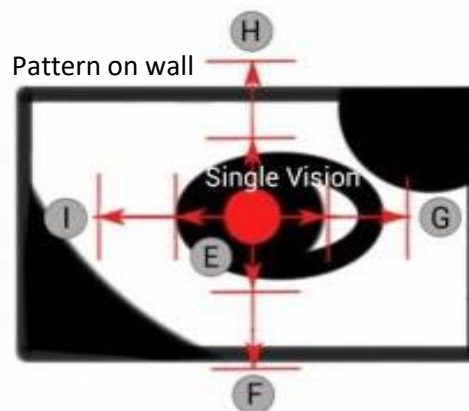


Figure 2

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If you already have double vision when looking at point E, you might mark places where your double vision gets much better or much worse. The idea is to document and report change.