

Subject: Orthoptic Therapy Policy

Effective Date: 12/1993

Revision Date: 1/2018

Review Date: 1/2020

DESCRIPTION

Orthoptic therapy is a treatment plan used to correct or improve specific dysfunctions of the vision system.

Convergence Insufficiency (CI) is a common and distinct binocular vision disorder. Common symptoms include diplopia, asthenopia (eye strain), headaches, and blurred vision usually associated with activities requiring close vision.

Convergence Excess (CE) is a sensory and neuromuscular anomaly of the binocular vision system, characterized by an excessive amount of convergence. Common symptoms include diplopia, headache, asthenopia, blurred vision, and avoidance or inability to sustain near visual tasks.

Divergence Excess (DE) is a vergence anomaly characterized by exophoria at distance greater than the near deviation. Patients with DE may be asymptomatic or may experience diplopia or asthenopia.

Oculomotor Dysfunction refers to difficulties in eye movements.

Accommodative Insufficiency is a condition where the patient's amplitude of accommodation is below that expected for his or her age.

Accommodative Infacility (also called accommodative inertia) is defined as sluggishness in changing from one level of accommodation to another.

Accommodative Excess (also known as accommodative spasm) is a greater accommodative response than is considered to be normal of a given stimulus.

Symptoms common to all types of accommodative dysfunctions are reduced nearpoint activity, a general inability to sustain nearpoint visual acuity, asthenopia, excessive rubbing of the eyes, headaches, periodic blurring of distance vision after prolonged near visual activities, periodic double near vision, and excessive fatigue at the end of the day.

RELATED CPT CODES

92065 Orthoptic and/or Pleoptic training, with continuing medical evaluation

BENEFIT/COVERAGE ISSUES

Benefit will be limited to 12 sessions per lifetime. No follow up exams will be covered.

DIAGNOSES THAT MAY SUPPORT MEDICAL NECESSITY

H50.01 – H50.34	Esotropia, Exotropia, vertical strabismus, intermittent heterotropia
H50.51 – H50.53	Esophoria, Exophoria, vertical heterophoria
H51.11 – H51.12	Convergence insufficiency and spasm
H51.8	Other specified disorders of binocular movement
H52.511 – H52.533	Disorders of accommodation
H52.6	Other disorders of refraction

H53.01 – H53.043 Amblyopia
H55.81 Saccadic eye movements
H55.89 Other irregular eye movements

PRIOR AUTHORIZATION

No prior authorization is required. Benefit is limited to 12 visits per lifetime for the above diagnoses.

INDICATIONS FOR APPROVAL

Orthoptic therapy will only be covered for the above diagnoses.

PHYSICIAN DISCUSSION POINTS

In the first, randomized, placebo-controlled, multi-centered, clinical trial studying the treatment of children with convergence Insufficiency, orthoptics improved both signs and symptoms associated with the disorder. Pencil push-ups were not shown to be an effective means of treatment.

REASONS FOR PHYSICIAN REVIEWER DENIAL

Member does not have a covered diagnosis.

REFERENCES AND ATTACHMENTS

1. American Optometric Association (AOA). Care of the patient with accommodative and vergence dysfunction. Optometric Clinical Practice Guideline. St. Louis, MO: American Optometric Association; 2011.
2. Board Certified Participating Ophthalmologist
3. Clinical Policy Bulletins: Vision Therapy. (2016) *Aetna Inc.* Retrieved from www.aetna.com/cpb/medical/data/400_499/0489.html
4. Helveston EM. Visual Training: Current Status in Ophthalmology. *Am J Ophthalmol* 2005;140:903-910.
5. Hess RF and Thompson B. New insights into amblyopia: Binocular therapy and noninvasive brain stimulation. *J AAPOS* 2013; 17:89-93.
6. Levi DM, Knill DC, Bavelier D. Stereopsis and amblyopia: A mini-review. *Vision Res.* 2015 Sep;114:17-30.
7. Millodot M. Dictionary of Optometry and Vision Science. 2004. Butterworth Heinemann.
8. Schieman M, Lynn Mitchell G., Cotter S et al. A Randomized Clinical trial of Treatments for Convergence Insufficiency in children. *Arch Ophthalmol.* 2005 Jan; 123(1): 14-24.
9. Scheiman M, Wick B. Clinical Management of Binocular Vision: Heterophoric, Accommodative and Eye Movement Disorders 4th Edition. 2013. Lipincott Williams and Williams.
10. Suchoff IB, Petito GT. The efficacy of vision therapy: Accommodative disorders and non-strabismic anomalies of binocular vision. *J Am Optom Assoc.* 1986;57(2): 119-125.