

EDITORIAL

BOOKS STILL COUNT

I was recently asked, by two optometrists, to recommend textbooks that covered the various areas of vision therapy (VT). Dr. A is interested in expanding that area in his practice. Dr. B had authored an article. It related to a method that she had developed to manage vertical phorias. While she believed the method was unique, the peer review process of her article indicated that it was not, and provided references to prove the point. Dr. B told me that these sources were in texts she did not have. She wished not only to have the vertical phoria article published, but to do more writing in the future. This is her motivation for the request.

The requests triggered some thoughts. Both doctors are in private practice. Dr. B had done several computer based searches for her topic, but did not come up with much useable information for her purpose. Although Dr. A had attended some continuing education courses in VT, he did not have the time or inclination to make a greater commitment. He stated that he wanted to start slowly and proceed at his own pace. It is also noteworthy that these two private practitioners did not have the benefit of the library and other resources afforded those who are in institutional practice.

I also realized that it was not terribly long ago since there was just one really definitive book on VT; namely, John Griffin's 1975 first edition of his text, *Binocular Anomalies—Procedures For Vision Therapy*.¹ A second expanded edition was produced in 1982, followed by a third edition in 1995. As each edition was produced, it stood as the standard text. However, over the past several years, a respectable number of books have been published that focus on VT. The ones that I recommended follow in the chronological order in which they

were published, and relate specifically to the needs of Dr. A and B. I believe that a number of our readers have the same or similar needs, and offer the recommendations in that spirit. I do not intend to do book reviews, but will offer some comments. (All books are available from OEP. See Products, page 159.)

Applied Concepts in Vision Therapy. ***Edited by Leonard J. Press.***²

Many of the chapters are written by Dr. Press, but there are also a number that are written by individuals who have been leaders in the field. All pertinent areas relating to binocular vision, including strabismus, are covered in terms of diagnosis, VT, and overall management. There is significant attention paid to such areas as sports vision, vision and learning, the optometric treatment of traumatic brain injury, and clinically relevant considerations of visual information processing and perception. There is also a valuable section on office administration and correspondence. A CD ROM is included with the book. The first 20 files contain forms and letter templates ranging from case reports to correspondence with insurance carriers. The last file contains an introduction to home based VT along with a comprehensive list of techniques. These techniques are written in language that is patient friendly. They can be modified in order to meet the needs of the particular patient. I recommended that this book should be in both Dr. A's and Dr. B's library.

Binocular Anomalies—Diagnosis and Vision Therapy. ***John R. Griffin and J. David Grisham.***³

This is the fourth edition of the original texts discussed above. The book is dedicated to students and practitioners of binocular vision, and the content stays true to the dedication. The result is an

extremely comprehensive “how to” text on the subject. It contains a meticulous coverage of the diagnosis and management for all aspects of basic vision therapy. The first chapter presents a concise discussion on the components of normal binocular vision, i.e., all the things you once learned but have probably forgotten. The following chapters elaborate on diagnosis and treatment. It is hard to find a diagnostic method or treatment technique that is not discussed. The coverage of strabismus is comprehensive, and all areas are presented in a sequential manner. I believe the word sequential best describes this book.

Self assessment tests are provided for each chapter with the answers in another section. A CD ROM contains sections on sequencing of techniques and practice management, VT for eso and exo deviations, saccades, pursuits and accommodation. The techniques are written in terms that are easily understood by older children and adults, and are easily downloaded for home therapy purposes. I recommended that this book is a must for Dr. A.

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Irwin B. Suchoff, O.D., D.O.S.

Clinical Management of Binocular Vision—Heterophoric, Accommodative, and Eye Movement Disorders. Mitchell Scheiman and Bruce Wick⁴

This second edition text extensively covers all areas of binocular vision except, as the title states, strabismus. The first several chapters lay an impressive ground work in diagnostic testing, an extensive discussion of the various methods of case analysis and classification and general treatment modalities. The sections on the various areas of binocular dysfunctions contain comprehensive protocols for diagnosis and treatment, along with illustrative cases. This edition includes new chapters on binocular and accommodative problems associated with computer use, acquired brain injury, and learning problems. There is a good section on practice management, though it is not as comprehensive as in the above two texts.

I consider this book to contain very scholarly treatments of the non-strabismic anomalies of binocular vision. The references are complete and very timely, and this and the previous edition are the texts I have most used as a resource in my writing, my role as editor-in-chief for the Journal of Behavioral, and as reviewer for other journals. I recommended that this book is a must for Dr. B.

There are at least several other texts that are favorites of mine, but they wouldn't meet the needs of the two doctors as well as the above three. I made the recommendations verbally to the doctors, and each has told me that he and she have purchased the "must" text and one other. I have a long history of being a library rat, and perhaps the two doctors will follow in my footsteps.

References

1. Griffin JR. Binocular anomalies—Procedures for vision therapy. Chicago: Profess Press, 1975.
2. Press LJ ed. Applied concepts in vision therapy. St. Louis: Mosby, 1997.
3. Griffin JR, Grisham JD. Binocular anomalies—Diagnosis and vision therapy, 4th edition. Boston: Butterworth-Heinemann, 2002.
4. Scheiman M, Wick B. Clinical management of binocular vision—Heterophoric, accommodative, and eye movement disorders, 2nd edition. Philadelphia: Lippincott Williams & Wilkins, 2002.