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Vision and Physiotherapy and the Role of Ocular Muscle Training in Myopia Management: A Case Report

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ABSTRACT

Myopia is the most prevalent refractive error of the eye, where light from distant objects fails to focus directly on the retina but instead converges in front of it, leading to blurred vision. Myopia is frequently managed by wearing glasses, while severe myopia is often treated surgically in conventional medicine. However, some patients seek alternative treatments due to personal preferences or affordability. This case presents a 24-year-old male with high-grade myopia. Despite recommendations for medical intervention from an ophthalmologist based on investigations of signs, symptoms, visual acuity, pinhole test, diopter measurements, and spherical equivalent refraction, the patient opted for an integrative approach combining medicine, wearing spectacles, and physiotherapy. The physiotherapy treatment aimed to promote tissue strengthening, enhance vision, and provide therapeutic interventions, including fast blinking, tight eye squeezing, wide eye opening, upward movement, downward movement, medial movement, lateral movement, diagonal movement, rotational movement, focus exercises, and visual field exercises. Concurrently, physiotherapy focussed on strengthening the surrounding musculature, improving vision, and enhancing function. Over the treatment period, the patient experienced reduced eye pain, improved vision, and significant enhancement in function, enabling a return to daily activities without surgical intervention. This case underscores the efficacy and feasibility of an integrative approach to managing myopia, providing a holistic, non-surgical option for patients who are reluctant or unsuitable for conventional surgical interventions.

Keywords: Balance, Eye, Eye pain