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Orthoptic/Pleoptic Training

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Summary

Overview

Vision therapy is sometimes called eye exercise therapy, visual therapy, visual training, vision training, orthoptic therapy, orthoptics, orthoptic vision therapy, or optometric vision therapy. Vision therapy encompasses a wide range of optometric treatment modalities, with the therapeutic goal of correcting or improving specific dysfunctions of the vision system. There is no clear consensus on the exact definition of vision therapy. The American Academy of Optometry (AAO) and the American Optometric Association (AOA) broadly define it as an individualized treatment program that utilizes the use of special lenses, prisms, filters, occlusion, and other appropriate materials, methods, equipment, and procedures, including eye exercises and behavioral modalities. These therapies are used for eye movement and fixation training to eliminate or improve conditions such as lazy eye (amblyopia), crossed eyes (strabismus), focusing, eye-teaming, and tracking disorders. Vision therapy is administered in the office under the optometrist’s guidance and requires a number of office visits, with the length of the program usually ranging from several weeks to several months, depending on the severity of the diagnosed conditions. For purposes of this policy, orthoptic or vision therapy does not include the use of refractive treatment including refractive lenses.

Reimbursement Guidelines

Orthoptic or vision therapy is proven for the treatment of convergence insufficiency (ability of eyes to fix on the same point).

Orthoptic or vision therapy is unproven for the treatment of the following:

- Exotropia (eye deviates outward) without convergence insufficiency
- Nystagmus (involuntary movement of the eyeballs)
- Convergence excess (esotropia is greater for near vision than for far vision)
- Divergence insufficiency
- Divergence excess
- Stroke or traumatic brain injury with visuospatial deficit, hemispatial neglect, or visual loss

The available data supporting the use of vision therapy for these indications is weak and inconclusive, and derived primarily from uncontrolled or poorly controlled studies with significant methodological flaws.

Orthoptic therapy for the treatment of reading or learning disabilities is considered unproven and is not a covered service for reading or learning disability diagnoses.

CPT/HCPCS Codes

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<th>Code</th>
<th>Description</th>
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<tr>
<td>92065</td>
<td>Orthoptic and/or pleoptic training, with continuing medical direction and evaluation</td>
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Lay Description- The physician prescribes exercises to correct ocular problems, most frequently caused by ocular muscle imbalances. The patient is trained to perform these therapeutic exercises to improve vision by gaining the proper binocular cooperation of the eyes one with the other, such as when one eye's vision and movement is neglected to avoid seeing double. These exercises frequently include repetitive tasks with prisms, color cards, or rods and moving objects progressively closer or further away in different planes. This includes continuing medical direction and evaluation.

References Included (but not limited to):

UnitedHealthcare Medicare Advantage Coverage Summaries

Vision Services, Therapy and Rehabilitation
## Orthoptic/Pleoptic Training

**UnitedHealthcare Medical Policies**
Visual Information Processing Evaluation and Orthoptic and Vision Therapy

### History

<table>
<thead>
<tr>
<th>Date</th>
<th>Revisions</th>
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<tbody>
<tr>
<td>06/25/2014</td>
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<tr>
<td>10/23/2013</td>
<td>New Reimbursement Policy</td>
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