

Hypertropia in Adults

This material will help you understand hypertropia, its causes and how it is treated.

What is hypertropia?

Hypertropia occurs when one eye turns upward. It is a form of eye misalignment, known as strabismus. With hypertropia, the eye may turn up all the time or only part of the time. This means hypertropia can be constant or intermittent. In the intermittent form, when the eyes move only part of the time, stress or tiredness may be the cause of the hypertropia.

Although all forms of strabismus affect children most often, adults may be diagnosed with a form of hypertropia that does not appear until later in life.

What causes hypertropia?

Hypertropia is caused when the muscles in both eyes are not balanced and working together. In adults the common causes are nerve palsies, stroke, thyroid disease, trauma, and neurological disorders.

How is hypertropia treated?

Treatment for hypertropia depends on the cause and your age. In some cases, placing prism in your glasses may be used to realign the eyes. Patching one eye may be used to improve comfort. Surgery on the muscles affecting eye movement may be another option. Your eye doctor will discuss the best treatment for you.

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