



Subject: Orthoptic Therapy (Vision Therapy)

Revision Date: 7/24

DESCRIPTION

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

DEFINITIONS

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.

POLICY

Benefit will be limited to 12 sessions per lifetime for a covered diagnosis. No follow-up exams will be covered.

PRIOR AUTHORIZATION

No prior authorization is required. Benefit is limited to 12 visits per lifetime for the diagnoses listed in this policy.

RELATED CPT CODES

CPT Code(s) covered if selection criteria are met:

Code	Description
92065	Orthoptic training; performed by a physician or other qualified health care professional
92066	Orthoptic training; under supervision of a physician or other qualified health care professional

CPT/HCPCS Code(s) not covered for any indication:

Code	Description
0687T	Treatment of amblyopia using an online digital program; device supply, educational set-up, and initial session
0688T	Treatment of amblyopia using an online digital program; assessment of patient performance and program data by physician or other qualified health care professional, with report, per calendar month
0704T	Remote treatment of amblyopia using an eye tracking device; device supply with initial set-up and patient education on use of equipment
0705T	Remote treatment of amblyopia using an eye tracking device; surveillance center technical support including data transmission with analysis, with a minimum of 18 training hours, each 30 days
0706T	Remote treatment of amblyopia using an eye tracking device; interpretation and report by physician or other qualified health care professional, per calendar month
92060	Sensorimotor examination with multiple measurements of ocular deviation (eg, restrictive or paretic muscle with diplopia) with interpretation and report (separate procedure)
A9292	Prescription digital visual therapy, software-only, FDA cleared, per course of treatment

Diagnoses that support medical necessity:

Code	Description
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

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.

EXCLUSIONS

OSU Health Plan does not cover the following (not all-inclusive):

- Orthoptic therapy for a non-covered diagnosis
- Orthoptic therapy beyond 12 visits in a member's lifetime
- Use of visual information processing evaluations
- Online / digital therapeutic vision training software (e.g., RevitalVision)
- Eye tracking digital system (e.g., CureSight System)
- RightEye Sensorimotor
- Visual information processing evaluations

REFERENCES

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Board Certified Participating Ophthalmologist

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