



Duane's syndrome

This leaflet explains the eye condition known as Duane's syndrome, how the condition effects eye movement and what management options are available, if required.

What is Duane's syndrome?

Duane's syndrome is a horizontal eye movement difference, which is present from birth but is often not noticed until the child is older. Duane's syndrome can affect either eye or both eyes.

What causes Duane's syndrome?

In Duane's syndrome there is mis-wiring of the nerves to the eye muscles. This means the eye muscles do not receive the correct signals, making it harder for the eyes to move in certain directions – in this case, side to side.

Other features of Duane's syndrome include:

- Changes to the eyelids when looking side to side.
- People with Duane's often move their head to look to the side rather than just use their eyes alone.
- Head posture change, where the head can be seen to turn towards the affected side.
- Strabismus (turn in the eye or squint) and a need for glasses.

What is the treatment for Duane's syndrome?

Children with Duane's syndrome are regularly monitored up until the age of 7 but generally, they do not need treatment. Children often have a slight change to their head posture to compensate for their eye muscle restriction which typically remains present into adulthood.

Advice for parents and carers

- If your child has a change to their head posture, **do not** correct this, as correction can cause visual symptoms such as double vision and difficulty for your child to use their eyes together as a pair, causing visual discomfort.
- It is important to inform your child's school about them having Duane's syndrome, so they are aware why your child needs to turn their head to compensate. Awareness of the condition, can help the teachers to ensure that your child's vision is comfortable by making sure they are seated in the centre or to one side of the classroom.

Further information

https://www.moorfields.nhs.uk/mediaLocal/h5ngjp3y/duanes-retraction-syndrome-information-for-teens-parents_1.pdf

<https://www.fightforsight.org.uk/a-z-eye-conditions/duane-syndrome/>

Contact us

If you have any questions, please ring 0118 322 7169 option 1, then option 2.

Orthoptics Department

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To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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