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Extraocular Motility Primer

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Frequently used terms (see hand out)

- Adduction
- Abduction
- Elevate
- Depress
- Extorsion
- Intorsion
- Exotropia
- Intermittent Exotropia
- Exophoria
- Esotropia
- Intermittent Esotropia
- Esophoria
- ORTHO/orthotropia

Terms

- **Versions**: Parallel movement of both eyes in any direction
- **Ductions**: Independent movement of one eye in any direction
- **Sherrington's Law**: Agonist contracts the *ipsilateral* antagonist relaxes an equal amount
  - movements of ONE eye
- **Hering's Law**: Agonist contracts its *contralateral* synergist (yoke muscle) contracts an equal amount
  - movements of BOTH eyes

Terms

- **Agonist**: primary muscle that is moving eye
- **Antagonist**: opposite muscle that is relaxing in the same eye
- **Synergist**: muscle helping the eye move along with the agonist
- **Ipsilateral synergist**: same eye
- **Contralateral synergist**: opposite eye – Yoke pair
- **Contralateral Antagonist**: opposite eye,antagonist of the yoke pair in that eye