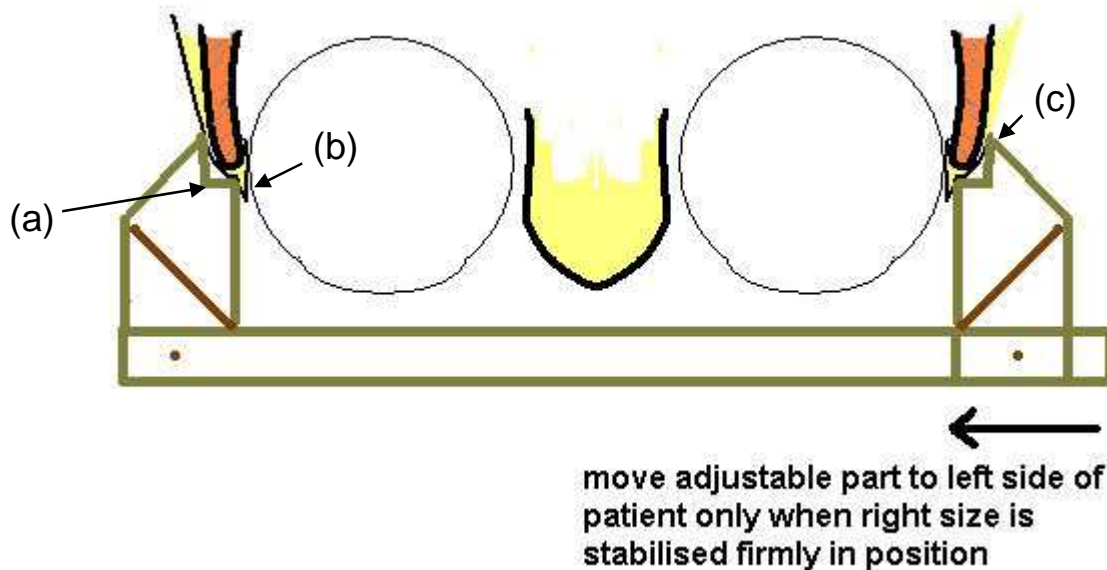


PROPTOSIS (EXOPHTHALMOMETRY) HOW TO ASSESS.

Method:

1. Choose a Hertel exophthalmometer with a snug mechanism and preferably a square angle where it sits against the orbital rim (a)
2. Open it wider than required.
3. Sit opposite the patient and at the same level.
4. Keep the patient relaxed, avoiding breath holding and excessive eyelid retraction.



5. Position left foot of Hertel against the patient's right lateral orbital rim, at level of lateral canthus (b).
It should sit outside lateral canthus, but as medially as possible without distorting eyeball. Avoid pressing hard as it is painful.
6. Slide right foot medially into identical position on left orbital rim (c).
7. Ask patient to fix their right eye gaze on your left eye while you occlude the patient's left visual axis with your right thumb. Adjust rotation to view corneal apex and record position.
8. Hold instrument stationary while you adjust your head, and use your right eye and left thumb to record the left eye similarly.
9. Record intercanthal distance.