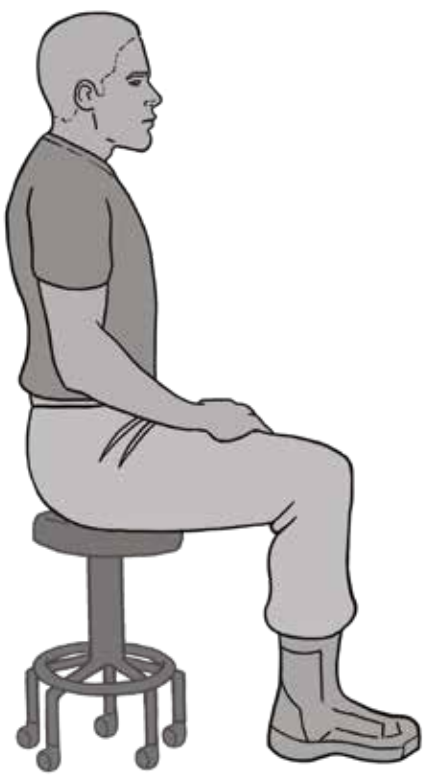
Vestibular/Ocular-Motor Screening

VOMS

For Concussion Instructions

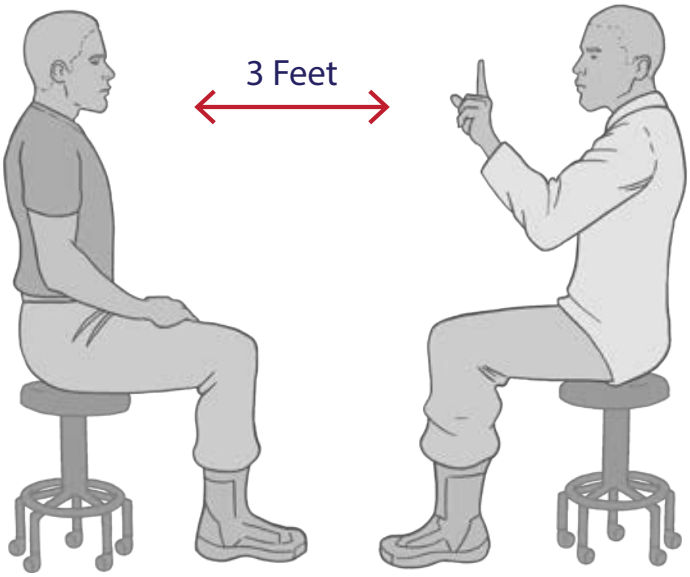
U.S. Army Photo by Sgt. Jon Soles, 210th MPAD



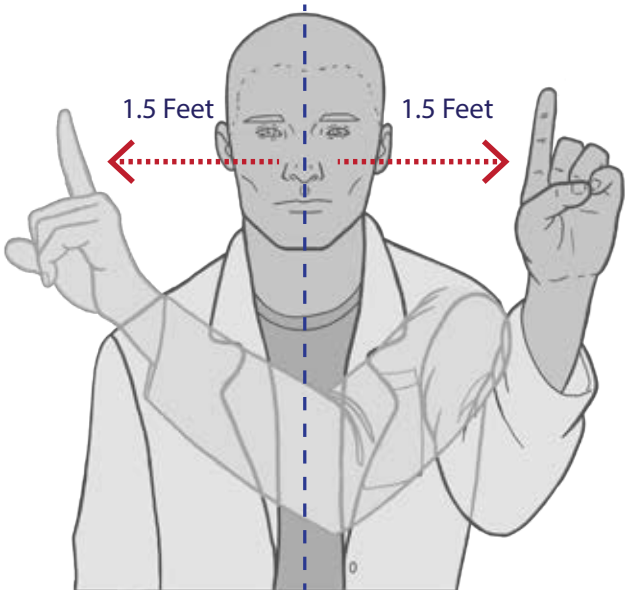
Defense Health Agency

VISUAL GUIDE TO PERFORMING A VESTIBULAR/OCULAR-MOTOR SCREENING (VOMS)

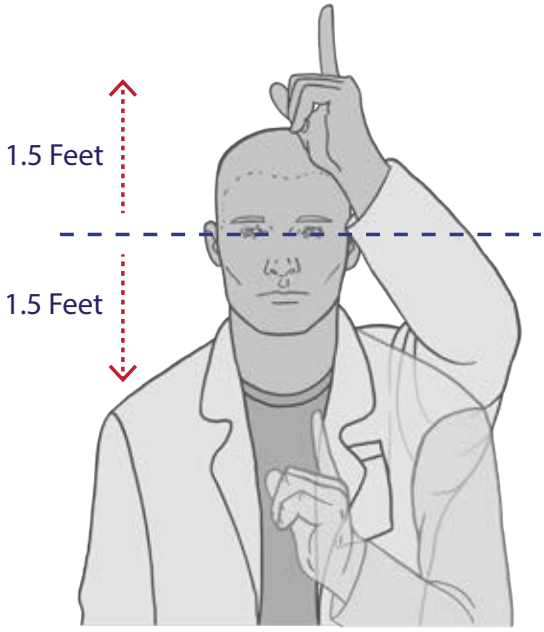
VOMS - Smooth Pursuits



- Sit facing the patient.
- Hold your finger tip 3 feet from the patient.

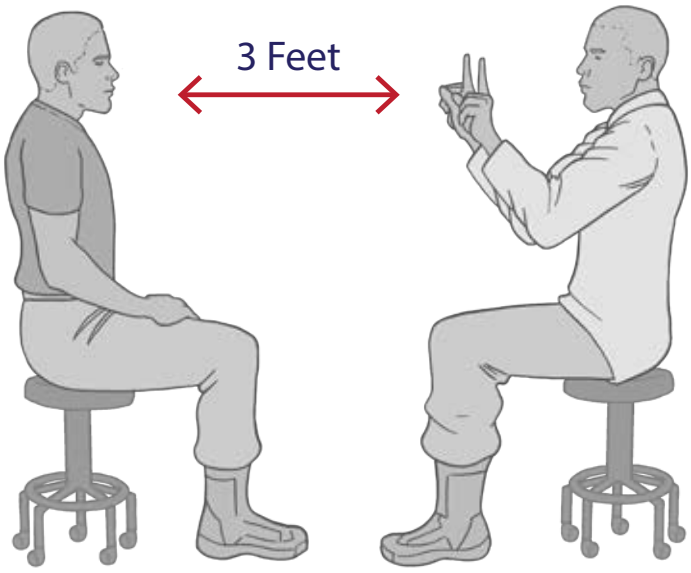


- With the patient focused on your fingertip, smoothly move your finger 1.5 feet to your left. Then move your finger 1.5 feet to the right (it should take 2 seconds to move 3 feet). Perform twice.

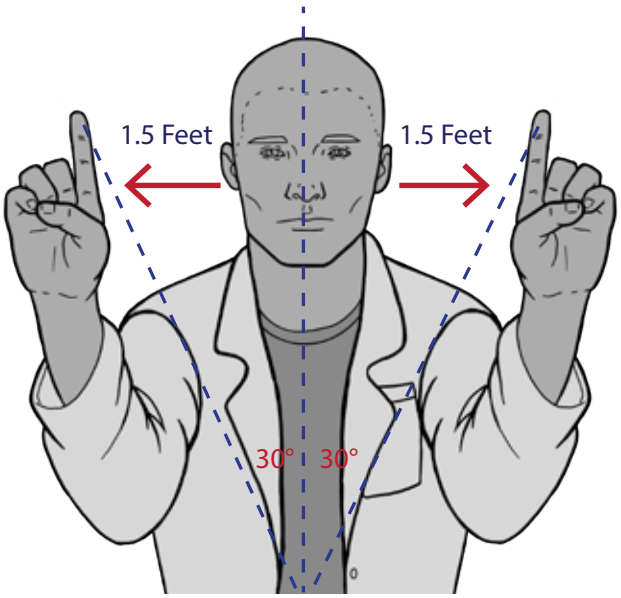


- With the patient focused on your fingertip, raise your finger 1.5 feet. Then lower your finger 1.5 feet (it should take 2 seconds to move 3 feet). Perform twice.
- Have the patient rate headache, dizziness, nausea and fogginess (HDNF) on a scale of 0 to 10. Record the results.

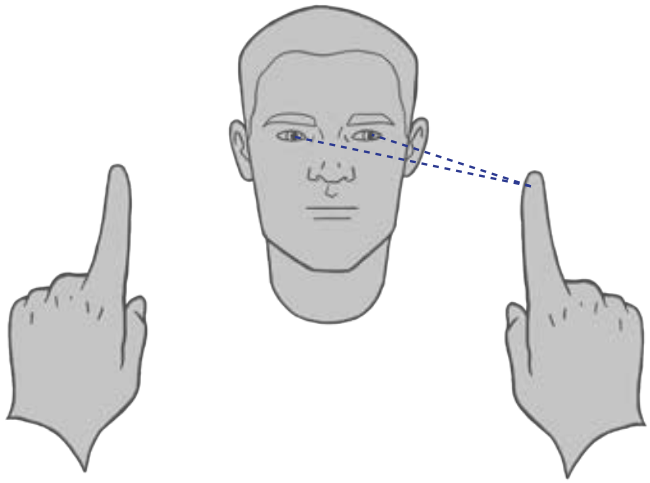
VOMS - Horizontal Saccades



- Sit facing the patient.

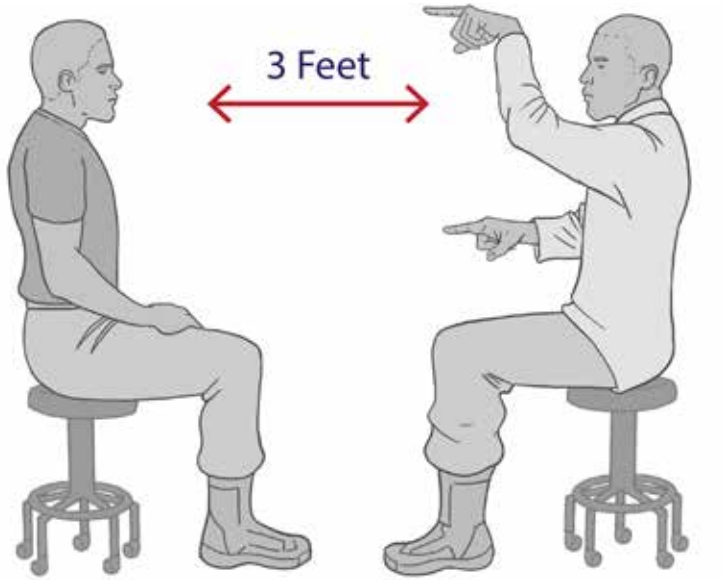


- Hold your left hand finger 1.5 feet from midline and your right hand finger 1.5 feet from midline, about 3 feet from the patient (so that the patient must gaze 30° left and 30° right).
- Ask the patient to move their eyes from point to point as quickly as possible. Perform 10 times.

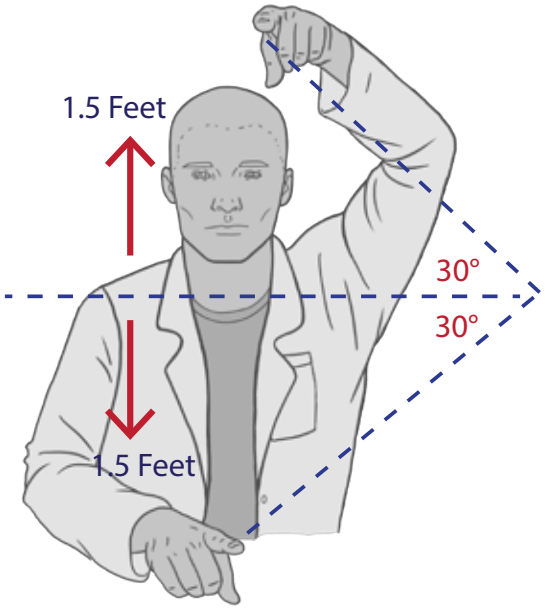


- Have the patient rate HDNF on a scale of 0 to 10. Record the results.

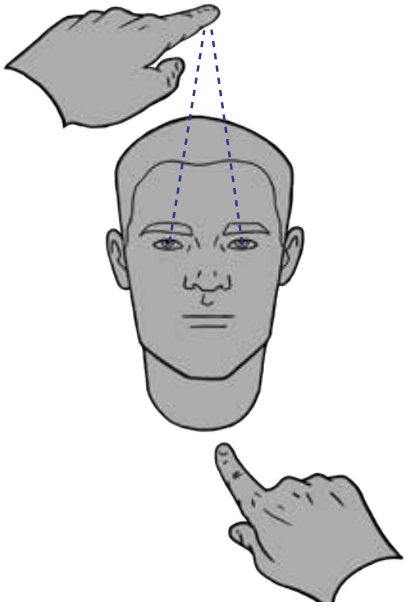
VOMS - Vertical Saccades



- Sit facing the patient.

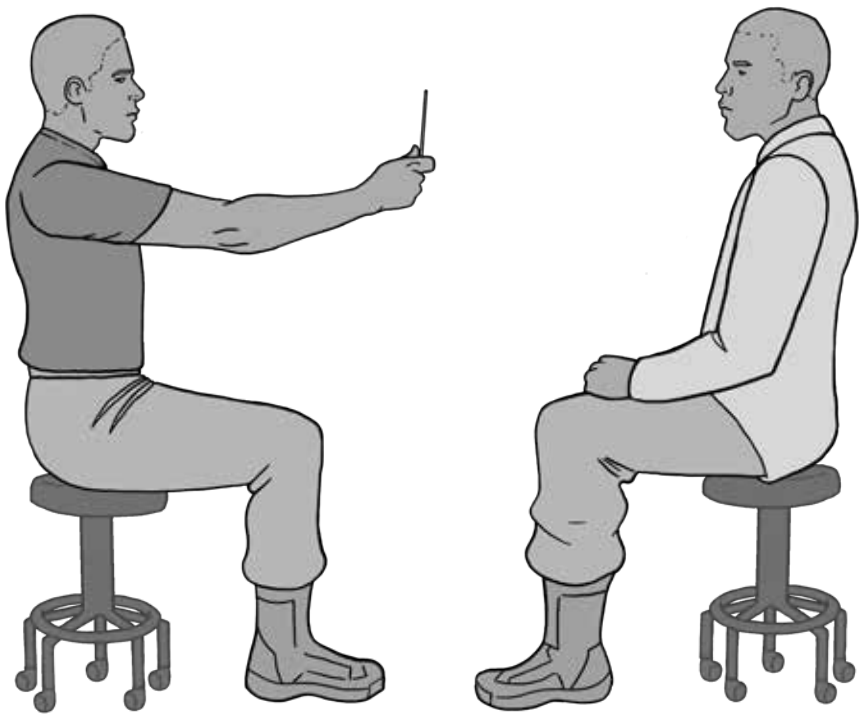


- Hold 1 finger 3 feet below the other, and about 3 feet from the patient (so that the patient gazes 30° up and 30° down).

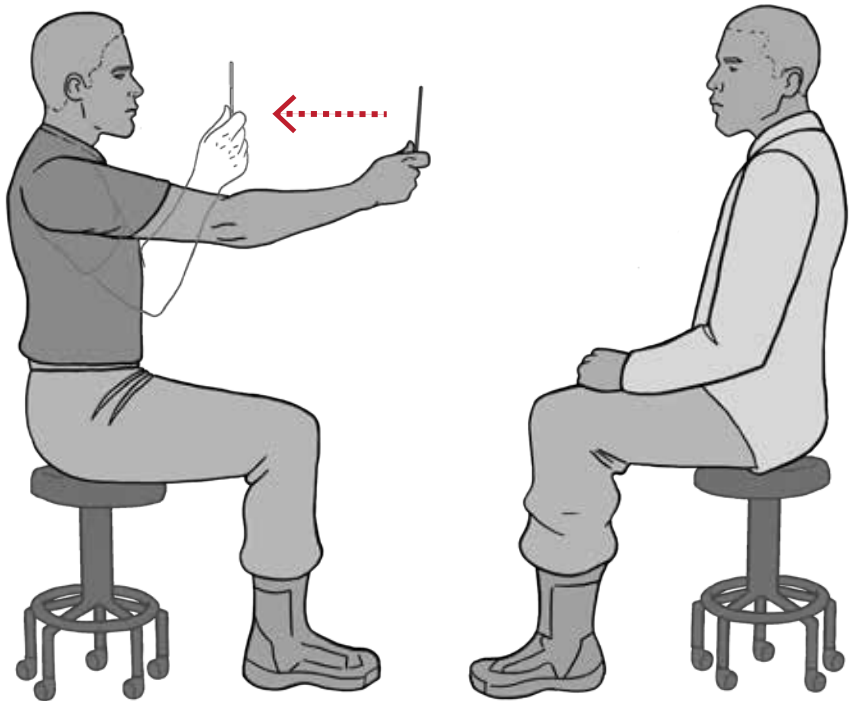


- Ask the patient to move their eyes from point to point as quickly as possible. Perform 10 times.
- Have the patient rate HDNF on a scale of 0 to 10. Record the results.

VOMS - Near Point Convergence

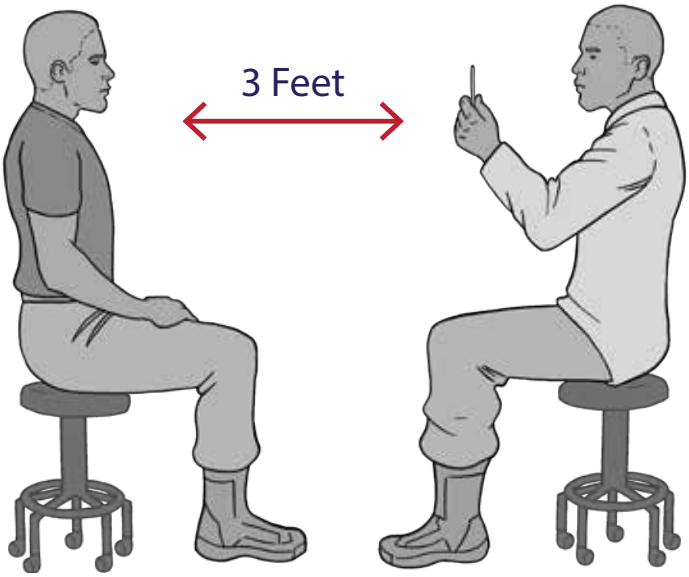


- Sit facing the patient.
- Ask the patient to focus on the target, holding it about an arm's length from their nose.



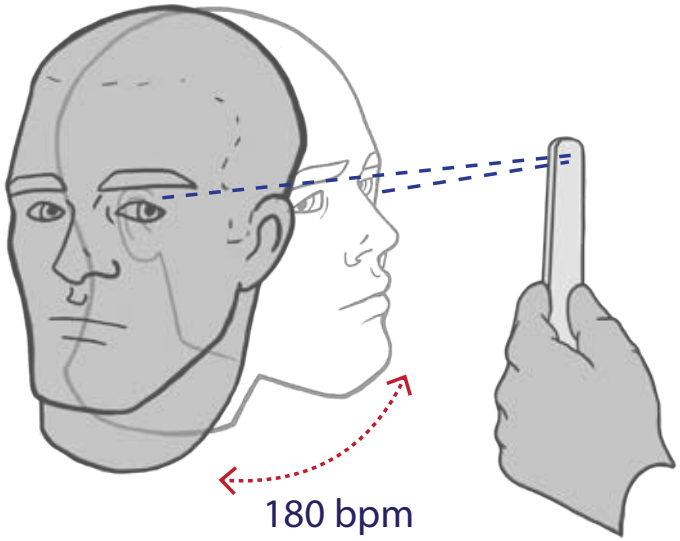
- Ask the patient to slowly move the target toward the tip of their nose and stop when they see two distinct images, or when you see an outward deviation of the eye.
- Measure the distance between the nose and the target, and record it in centimeters. Repeat 2 more times.
- Convergence points greater than or equal to 5 centimeters are considered abnormal.
- Have the patient rate HDNF on a scale of 0 to 10. Record the results.

VOMS - Vestibular/Ocular Reflex (VOR)



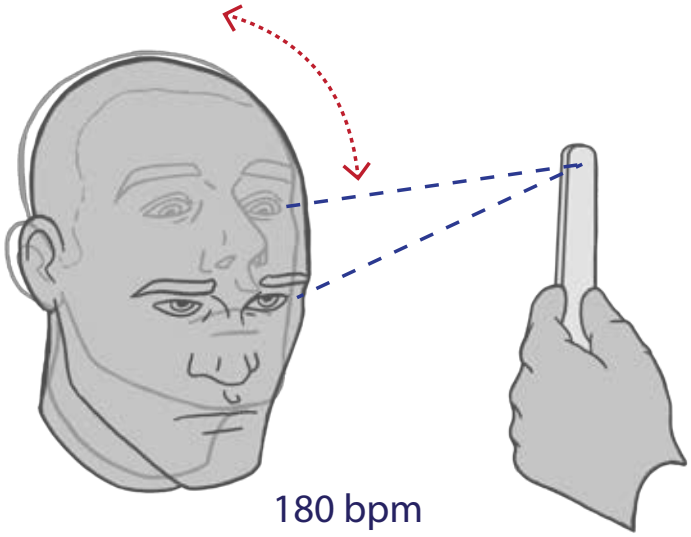
- Sit facing the patient.
- Set the metronome to 180 beats per minute (bpm).
- Hold the target 3 feet from the patient.

Horizontal VOR



- While focusing on the target, ask the patient to turn their head from 20° left to 20° right 10 times, in time to the metronome beat.
- Wait 10 seconds then have the patient rate HDNF on a scale of 0 to 10. Record the results.

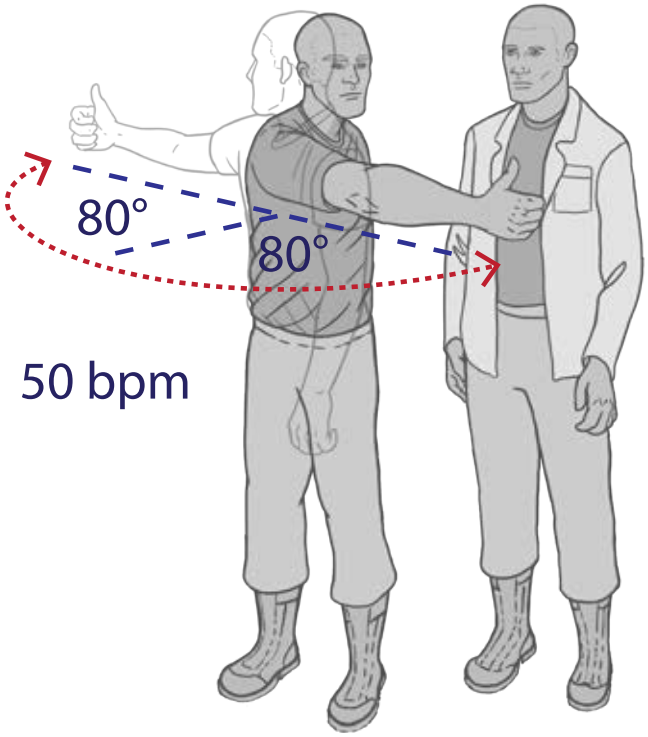
Vertical VOR



- While focusing on the target, ask the patient to nod their head from 20° down to 20° up 10 times, in time to the metronome beat.
- Wait 10 seconds then have the patient rate HDNF on a scale of 0 to 10. Record the results.

VOMS - Visual Motion Sensitivity Test (VMS)

- Ask the patient to stand with their feet shoulder width apart, facing a busy area.
- Stand next to the patient, slightly behind them.
- Set the metronome to 50 bpm.



- Have the patient stretch out their arm in front of them and focus on their thumb.
- Ask the patient to twist their head and trunk as a unit from 80° right to 80° left in time to the metronome beat. Perform 5 times.
- Have the patient rate HDNF on a scale of 0 to 10. Record the results.

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