
VESTIBULAR OCULAR MOTOR SCREEN

The VOMS is performed during every evaluation in Exertion Therapy. This allows the physical therapist to assess baseline deficits as well as screening for abnormalities that suggest involvement of other system impairments which may present a barrier to treatment or referral for additional treatment by a specialist.

Reports of Headache, Dizziness, Nausea, and Fogginess have been utilized in research to be indicators of abnormal response to testing. These symptoms are rated on a 0-10 scale and taken at baseline and following each test in the VOMS.

Tests and Abnormalities:

Smooth Pursuits: Assesses ocular movements and ability to track an object. Abnormalities suggest more central involvement and may require referral to MD.

Saccades – Horizontal & Vertical: Assesses quick ocular movements and ability to target an object. Abnormalities: hypometric targeting suggests Ocular or Vestibular treatment; hypermetric targeting suggests cerebellar involvement and referral to MD or Neurologist.

Convergence: Assesses ocular coordinated movements and ability to adjust vision with changes in an object's distance. Abnormalities suggest ocular dysfunction and need for ocular treatment.

Vestibular-Ocular Reflex (VOR) – Horizontal & Vertical: Assesses the vestibular system's ability to stabilize gaze during head movements. Abnormalities mostly suggest a peripheral/inner ear impairment or central dysfunction.

Visual Motion Sensitivity (VMS) Test: Assesses the sensitivity to visual motion and the integration with the vestibular system. Abnormal sensitivity is referred to as Optokinetic hypersensitivity and often requires a combination of medication, Vestibular treatment, and possibly behavioral accommodations.