

VOMS

- **Smooth pursuits**

- Hold a finger about 3 ft from the patient, they sit with head still and follow with their eyes only
- Slowly (2 secs per motion) move finger right and left twice, then up and down twice
- Failed with saccadic movement of the eyes
- Reassess for symptoms

- **Saccades**

- Hold two fingers about 3 feet from the patient, 3 feet apart horizontally.
- They keep their head still and look back and forth between the fingers 10 times
- Then repeat with fingers 3 feet apart vertically
- Fail with grossly disconjugate gaze or overshooting
- Reassess for symptoms

- **Convergence**

- Patient (or examiner) hold a small object (about 14 pt) at arms length, move it slowly towards their nose until they see double or examiner sees an eye deviate
- Measure distance from tip of nose to object
- Average of 3 measurements
- (>5cm abnormal)

- **Vestibular-Oculomotor Reflex**

- Examiner holds object 3 feet from patient
- Patient remains focused on object while moving head back and forth 10 times
 - Metronome rate of 180
- Repeat moving head up and down 10 times
- Fail with nystagmus or dysconjugate eye movement
- Reassess for symptoms

- **Vision Motion Sensitivity test**

- Patient faces in direction of most visual stimuli, standing up, thumb up with arm out straight.
- Rotate back and forth about 80 degrees 5 times at a metronome rate of 50
- Reassess for symptoms

Mucha *et al.* A Brief Vestibular/Ocular Motor Screening (VOMS) Assessment to Evaluate Concussions American Journal of Sports Medicine 2014; 42(10): 2479-2486 (Appendix 1 is an excellent VOMs tool)