



## VESTIBULAR SCREENING INSTRUCTIONS

### Ocular- Motor

#### **Pursuits: H-Test**

- 1) Stand 1 yard away from pt
- 2) Pt keeps head still during exercise
- 3) Practitioner slowly and steadily moves an object in “H” motion within field of vision

#### **Positive Test**

- a.  Nystagmus
- b.  Symptoms of dizziness or blurriness

#### **Saccades: Horizontal**

- 1) Stand 1 yard away from pt
- 2) Pt keeps head still during exercise.
- 3) Practitioner holds two fingers **6in** apart in horizontal fashion
- 4) Pt will look back and forth between the two fingers for 20 seconds. The visual movement should be smooth and stop directly at fingers.

#### **Positive Test**

- a.  Eyes over or under shoot stationary fingers
- b.  Symptoms of dizziness or blurriness

#### **Saccades: Vertical**

- 1) Stand 1 yard away from pt
- 2) Pt keeps head still during exercise.
- 3) Practitioner holds two fingers **6in** apart in vertical fashion
- 4) Pt will look back and forth between the two fingers for 20 seconds. The visual movement should be smooth and stop directly at fingers.

#### **Positive Test**

- a.  Eyes over or under shoot stationary fingers
- b.  Symptoms of dizziness or blurriness

### Vestibular- Ocular

#### **Gaze Stability: Horizontal**

- 1) Stand 1 yard away from pt
- 2) Pt keeps eyes fixated on object **1 ft** away from pt in center of visual field
- 3) Pt moves head back and forth in horizontal fashion for 20 seconds

#### **Positive Test**

- a.  Any hang time or slowed eye movement
- b.  Nystagmus
- c.  Symptoms of dizziness or blurry vision

#### **Gaze Stability: Vertical**

- 1) Stand 1 yard away from pt
- 2) Pt keeps eyes fixated on object **1 ft** away from pt in center of visual field
- 3) Pt moves head back and forth in vertical fashion for 20 seconds

### Positive Test

- a. \_\_\_\_ Any hang time or slow in movement
- b. \_\_\_\_ Nystagmus
- c. \_\_\_\_ Symptoms of dizziness or blurry vision

## Vestibular- Ocular

### Convergence

- 1) Stand 1 yard away from pt
- 2) Pt keeps head still and eyes fixated on object 1 ft away from pt in center of visual field
- 3) Accommodation Insufficiency:
  - a. Pt will focus on writing on object
  - b. Practitioner will slowly move the object closer to pts eyes
  - c. Pt will indicate to practitioner when words become blurry
  - d. Pt will hold object at point of blurriness and practitioner will measure distance

#### Positive Test

- i. \_\_\_\_ >10cm indicates *ocular* insufficiency in <25 age pt
  1. Consider neuro-opt h referral
  2. Possible Restrictions: no reading (recommend books on tape), no computer, no texting

#### 4) Convergence Insufficiency:

- a. Pt will focus on object
- b. Practitioner will slowly move the object closer to pts eyes
- c. Pt will indicate to practitioner when single object become 2
- d. Pt will hold object at point of vision chance and practitioner will measure distance

#### Positive Test

- i. \_\_\_\_ >10cm indicates *pupil* insufficiency in <25 age pt
  1. Signs/Symptoms: blurred vision, HA/tiredness increase end of day, computers increase sx, photophobia
  2. Possible Restrictions: school- Geometry, Math

## Balance Screen

### Rhomberg

- 1) Pt stands with feet together with shoes on and arms folded for 30 seconds
  - a. Eyes Open
    - i. Stable Surface
    - ii. Foam Surface
  - b. Eyes Closed
    - i. Stable Surface
    - ii. Foam Surface

#### Positive Test:

- iii. \_\_\_\_ Pt can not sustain position for 30 seconds
- iv. \_\_\_\_ Excessive sway

## **WORTH 4 DOT TEST INSTRUCTIONS**

- ✓ Dim room
- ✓ Have pt put on glasses, red lens over right eye
- ✓ Hold flashlight with white dot at 6 o'clock position, about 18" from pt.
- ✓ Keep flashlight as still as possible (works well if pt and practitioner sit across from each other and practitioner uses table to steady arms while holding flashlight up)

- 1) Have pt look at white dot and ask what he/she sees.  
SHOULD SEE/SAY: 2 green dots, 1 red dot, 1 whitish or red/green.  
**Positive Test:** pt only sees one color
- 2) If pt sees all four dots, have them look again at the bottom (white) dot:  
"As you focus on the bottom dot, pay attention to the GREEN dots. Do they move/shimmer? Do they stand still?"  
**Positive Test:** pt indicates any movement of any of green dots
- 3) If the green dots are not moving, have them focus again on the bottom (white) dot.  
"As you focus on the bottom dot, pay attention to the RED dot. Does it move? Does it stand still?"  
**Positive Test:** pt indicates any movement of the red dot