

Head Neck Differentiation Test

Name:

Age:

Date:

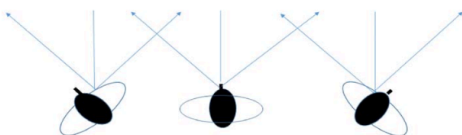
Examiner:

Equipment

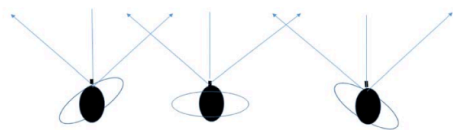
- Swivel chair
- Metronome device or app

Test procedure

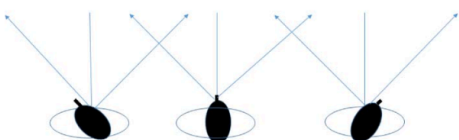
1. The patient is seated on a swivel chair with eyes closed and hips and knees flexed to 90 degrees.
2. Do the En bloc component: The patient actively rotates the trunk with the help of their legs to the left and right side for 45° at a metronome pace of **60** beats per minute, letting their head and trunk rotate together for about 30 seconds.
3. Let the patient open their eyes. Observe for symptoms and record any. Terminate the test and mark it positive if the patient cannot continue.
4. If the patient can continue, do the next component: Torsion. Make the patient close their eyes and do the same movement as Step 2 for 30 seconds, but this time, hold their head still.
5. Let the patient open their eyes. Observe for symptoms and record any. Terminate the test and mark it positive if the patient cannot continue.
6. If the patient can continue, do the next component: Rotation. This time, with their eyes still closed, the head rotates for 30 seconds at **90** beats per minute to the left and right side for 45° while the trunk stays stationary. Terminate the test if the patient experiences symptoms.



- a) En bloc – head and trunk rotate together
Isolated vestibular



- b) Torsion – trunk rotation still on head
Isolated cervical



- c) Rotation – head rotation trunk still
Vestibular and cervical

Test findings

Look for the following symptoms to determine if the test is positive:

- Dizziness
- Visual disturbances
- Unusual eye movements after opening the eyes after the test
- Speech disturbance
- Motion sickness or nausea
- Slurred speech
- Dysphagia
- Light-headedness
- Tinnitus
- Headache
- Paresthesia

[] **Negative:** No symptoms observed.

[] **Positive:** Symptoms observed during or immediately after the test.

Test termination:

Symptoms observed during en bloc component

Symptoms observed during torsion component

Symptoms observed during rotation component

Additional notes

Healthcare professional's information

Name:

License number:

Phone number:

Email:

Name of practice:

Brain Hub. (2023, January 11). *Clinical tests for dizziness*. <https://brainhub.com.au/clinical-tests-for-dizziness/>

Treleaven, J., Joloud, V., Nevo, Y., Radcliffe, C., & Ryder, M. (2019). Normative responses to clinical tests for cervicogenic dizziness: Clinical cervical torsion test and head-neck differentiation test. *Physical Therapy*, 100(1). <https://doi.org/10.1093/ptj/pzz143>