

# Romberg Test

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Objective:

The Romberg test is a simple clinical assessment used to evaluate a patient's balance and proprioception, particularly in potential neurological disorders or sensory ataxia. The test focuses on the patient's ability to maintain balance with and without visual input, thereby evaluating the function of the proprioceptive and vestibular systems.

Step	Instructions
1	Ensure the testing area is safe and free from obstacles or hazards. Prepare a soft surface or have a spotter nearby to prevent injury if the patient loses balance.
2	Ask the patient to remove their shoes for better contact with the ground.
3	Instruct the patient to stand with their feet together, arms at their sides, and eyes open. This is the starting position for the test.
4	Observe the patient's ability to maintain balance in this position for about 30 seconds. If the patient cannot maintain balance, consider the test invalid or assess for other potential balance issues.
5	Ask the patient to close their eyes. By removing visual input, this step focuses on the patient's proprioceptive and vestibular systems.
6	Observe the patient's ability to maintain balance with their eyes closed for about 30 seconds. Make a note of any significant swaying or inability to remain standing.
7	Consider the Romberg test positive if the patient loses balance or shows significant swaying with closed eyes. This suggests potential proprioceptive or vestibular system dysfunction.
8	Document the results and any observations made during the test. A positive Romberg test is not diagnostic and should be considered in the context of other clinical findings and tests.

## Notes:

Remember that the Romberg test should always be conducted safely, with a soft surface or spotter nearby to prevent injury.