

# Romberg Test

The Romberg **test** is used to determine motor functions, which are assessed based on the patient's posture, balance, and gait.

## Romberg I.

Spontaneous standing of the patient with eyes open is assessed.

We focus on:

- patient's groin width
- general posture
- the presence of involuntary movements
- deviation from attitude or tendency to fall.

## Romberg II.

We invite the patient to put his/her feet as close to each other as possible (toes and heels). In this way, the problem with stability is highlighted.

## Romberg III.

We invite the patient to also close his eyes. If stability worsens with closed eyes, we speak of a positive test. The test is negative if the patient does not deteriorate between standing II. and III.

A positive test is typical for labyrinth involvement.

### Posture and balance

The Romberg test with eyes closed and eyes open is used for the examination. A positive Romberg's sign is manifested by severe swaying (titubation) and the inability to maintain standing regardless of whether the patient's eyes are open or closed. We are talking about a cerebellar disorder (ataxia, weakened posture, lack of muscle coordination, tremor, balance disorders).

### Balance

The patient squats, walks on tiptoes and heels, and jumps in place. The examining doctor assesses whether or *not he has adequate* balance and muscle strength to perform these movements.

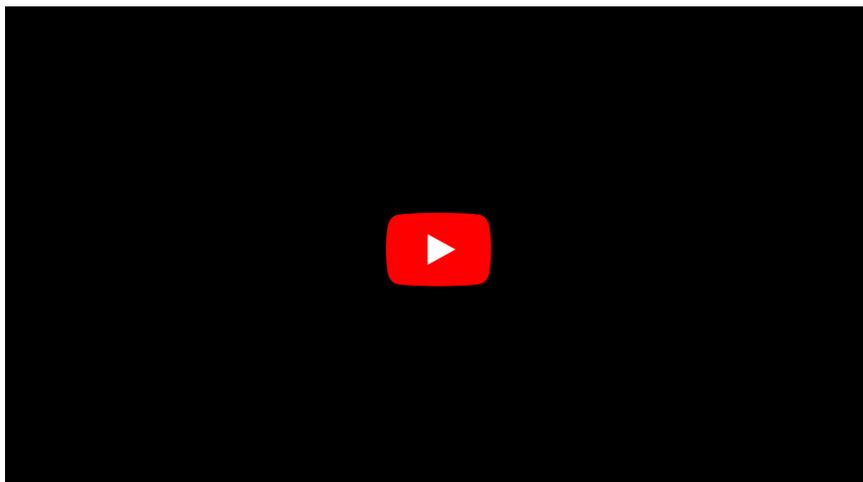
### Walk

The patient has an upright posture and a regular step with swinging of the opposite arm, walks unaided and maintains balance. The most common gait disorders are: flexion of the knees and elbows, hypokinetic-rigid gait (Parkinson's syndrome), spastic-atactic gait (multiple sclerosis), circumduction. <sup>[1]</sup>

## Links

### Related Articles

- Therapy of balance disorders
- Examination of position, gait, and mobility



## References

1. SLEZÁKOVÁ, Zuzana. *Neurological Nursing*. OSVETA Publishing House, 2006. Chapter 2.1 Specifics of the assessment phase. ISBN 80-8063-218-9 .