

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.

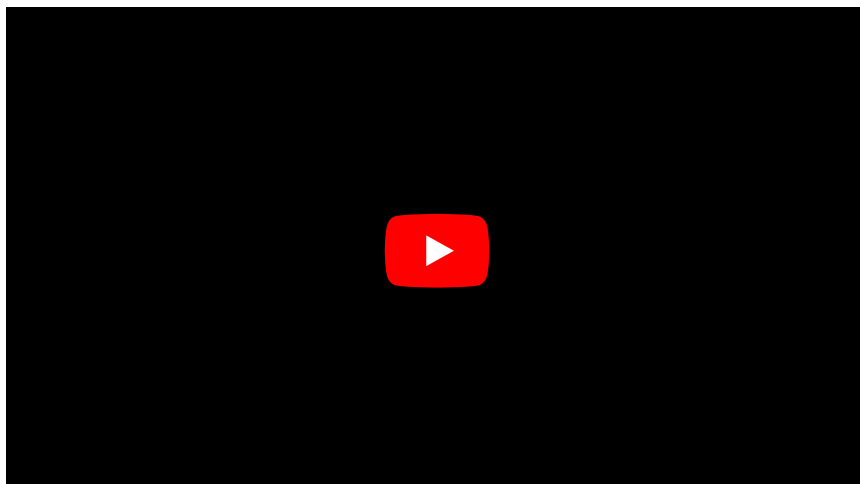
Walk

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. ^[1]

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 .