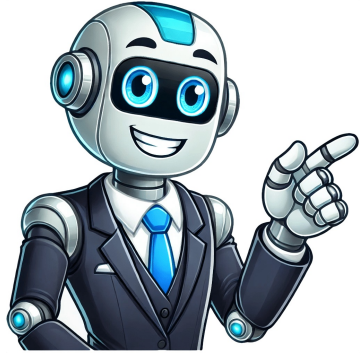


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Accuracy resulting in subacute combined degeneration of the cord (SACD) may also result in a positive Romberg test, prompting the clinician to complete further lab testing. Modified versions of the Romberg test provide a wide range of clinical applications for balance assessment. Some of these variations include:Sharpened Romberg Test (SRT) - a single-legged stance heel-to-toe position. Single-legged Stance Test (SLST) - is mainly used to assess postural stability and control in the elderly and those with Parkinson's disease.[15] Static balance test serves as a balanced assessment of Parkinson's disease. The process entails assessing how long the patient can maintain a single-leg stance with eyes open. The test ends after 60 seconds, and each leg is tested three times.[15] Siting-rising test (SRT) is an easily administered test focused on the assessment of the elderly population as well as stroke victims as a tool to predict mortality risk. The evaluator instructs the patient to try to sit, rise, and then stand to a position using the minimum amount of support needed. This test is on a point scale, with measures for strength, balance, and integration aspects, with 10 points being the maximum.[16] Get-Up and Go Test - assessment of frailty and predictor of a geriatric patient's ability to go outside alone safely.[17]These variations of the Romberg test mentioned above are utilized depending on the discretion of the evaluator or physician and patient presentation. Not one test is deemed superior to the others, but slight variations in each test may provide a more specific method of detecting a postural imbalance that caters to a particular patient profile. Diagnosing and managing neuropathies using the Romberg test may include input from various interprofessional healthcare team members, including an infectious disease specialist, neurologist, internist, and nursing staff. The Romberg sign is an easily administered, no-equipment, bedside physical exam maneuver used since its description in the 19th century to help diagnose tabs dorsalis and dorsal column and proprioceptive dysfunction. A positive test is an inability to maintain an erect posture over 60 seconds with eyes closed. Due to its high specificity, a positive Romberg sign is highly suggestive of diagnosing a deficit involving the dorsal column and medial lemniscus pathways. The examiner does not need extensive training, but precautions regarding the patient's safety and fall risk must be maintained. Neurohabilitation Journal 2015 Nov-Dec;29(10):933-49. doi: 10.1177/1559663815573055. Epub 2015 Feb 23. [PubMed PMID: 25712470] Level 1 (high-level) evidence [6] Lanska DJ, Goetz CG, Romberg's sign: development, adoption, and adaptation in the 19th century. Neurology. 2000 Oct 24;55(8):1201-6. [PubMed PMID: 110715007] 7 Al-Chalabi N, Reddy V, Alsalmani I. 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Disclosure: Heather Cronovich declares no relevant financial relationships with ineligible companies. The Romberg test is a vital diagnostic tool in healthcare, used to evaluate a person's balance and postural stability. Often referred to as a balance test or an integral part of a neurological exam, this test helps detect potential issues involving the nervous system, inner ear, or musculoskeletal system. It has been a cornerstone of neurological evaluations since its introduction by German neurologist Moritz Heinrich Romberg in the 19th century. This test is frequently performed when patients report symptoms such as dizziness, unsteadiness, or difficulty maintaining balance. By observing how a person stands under specific conditions, healthcare providers can uncover critical insights into the underlying causes of balance problems. The Romberg test is quick, non-invasive, and highly informative, making it an essential component of many diagnostic protocols. In this article, we'll explore the Romberg test in detail, examining its purpose, how to perform it, and the significance of the results. We'll also discuss the underlying anatomy and physiology involved, as well as the various conditions that can lead to a positive test. Understanding the Romberg test is crucial for healthcare providers, as it helps in diagnosing a wide range of neurological disorders, from simple balance issues to more complex conditions like multiple sclerosis or stroke. The test is a valuable diagnostic tool that, when used correctly, can provide valuable insights into a patient's neurological health. We'll also touch on the importance of proper technique and the role of the healthcare provider in ensuring the test is performed safely and effectively. The Romberg test is a simple yet powerful tool that has stood the test of time, and its continued use in modern medicine is a testament to its effectiveness. Whether you're a healthcare professional or a patient, understanding the Romberg test can help you better understand your own health and the health of others. So, let's dive in and explore the world of the Romberg test, from its origins to its current applications in clinical practice. The Romberg test is a simple yet powerful tool that has stood the test of time, and its continued use in modern medicine is a testament to its effectiveness. Whether you're a healthcare professional or a patient, understanding the Romberg test can help you better understand your own health and the health of others. So, let's dive in and explore the world of the Romberg test, from its origins to its current applications in clinical practice. The Romberg test is a simple yet powerful tool that has stood the test of time, and its continued use in modern medicine is a testament to its effectiveness. 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