

## **Balance Assessment: a Modified Romberg test**

*A test for gait/ambulation*

The standing patient performs **tasks of increasing difficulty**, observing the response to positional stress, loss of visual input and displacement. The patient assumes different standing positions, first with eyes open, then with eyes closed. **With each successive maneuver**, stability is observed and the patient is asked, "Do you feel steady?" A light nudge to the sternum can be helpful in assessing the response to displacement. This allows a rough estimate of balance and can help identify causative factors (e.g., osteoarthritis, peripheral neuropathy, foot problems, atherosclerosis, weakness, stroke, pain or contractures).

1. Feet comfortably apart
2. Feet together
3. Feet semi-tandem (heel-to-instep)
4. Feet tandem (heel-to-toe)