

## ROMBERG TEST

The Romberg Test and Sharpened Romberg Test are tests of static balance that measure the ability to maintain balance with a narrowed base of support.

The *Romberg Test* is performed with feet together and eyes open for 60 seconds and with feet together and eyes closed for 60 seconds.

The *Sharpened Romberg Test* is performed in a tandem standing position, with the dominant foot behind the non-dominant foot for 60 seconds with eyes open and for 60 seconds with eyes closed.

Timing starts after the subject has assumed the proper position and is stopped if the subject moves his or her feet from the proper position, opens his or her eyes on the eyes-closed trials, or when the maximum balance time of 60 seconds is reached. Subjects may be given assistance to assume the test position.

Up to three trials may be performed if the maximum balance time is not reached in either of the first 2 trials. Upper-extremity use is not controlled during testing.

(Steffan and Seney, 2008).