

The Romberg Test

Consider this testing on all senior patients to prevent falling and possible fractures.

Have patients place feet together and close their eyes. Be prepared to catch them. Observe direction of first movement. Observe for overall movement and stability.

Now have patient stand on one foot with eyes open, see how long it takes to lose balance. The average person should be able to stand on one foot for 10 - 20 seconds. Have them do it again to make sure they know how to do it. Now have them stand on the other foot in the same manner. Note times for both right and left feet.

Next have the patient stand on one foot again and once they become stable close their eyes. Again be prepared to catch them. Note the time it takes for each foot.

Next observe range of motion by performing various range of motion tests and record base line inhibitions. Inquire about pain levels; ask the patient if there is normal motion that will cause pain and record it on a 1 - 10 scale.

Now use the weakest indicator, in this case the situation which caused the poorest balance, and have them systematically taste the following nutrients: **Folic Acid 800™**, **Methylfolate Plus™**, **B6 Phosphate™** and **Niacin 100™**. See which nutrient increases their strength which will result in an increase in their balance time, increased range of motion or a reduction in pain. If **Methylfolate Plus™** gives a better response than the **Folic Acid 800™**, chances are very strong they have a genetic weakness and an inability to convert to 5-MTHF.

Supplement with the nutrient(s) which strengthens or stabilizes balance (enhancing appropriate neurologic indicators), increases range of motion and reduces pain.

folate → dihydrofolate → tetrahydrofolate ↔ methylene-THF →
5-methyl-tetrahydrofolate or 5-MTHF

Name: _____

Date: _____

PERFORM ROMBERG TEST

FEET TOGETHER, EYES CLOSED

OBSERVE FOR DIRECTION OF FIRST MOVEMENT

Right Left / Forward Backwards

OBSERVE FOR OVERALL MOVEMENT/STABILITY

NOTE RESPONSES, TEST 1 FOOT STANDING (EYES OPEN)

NOTE TIMES FOR RIGHT & LEFT

Right _____ Left _____

TEST 1 FOOT STANDING RIGHT & LEFT (EYES CLOSED)

NOTE TIMES FOR RIGHT & LEFT

Right _____ Left _____

EVALUATING AND IMPLEMENTING RESULTS

1. IF WEAK MUSCLE (BALANCE IS POOR), RE-TEST WITH ORAL NUTRIENTS AFTER ASSESSING AND RECORDING:

a) PAIN (1 - 10 SCALE)

b) RANGE OF MOTION

c) 1 FOOT STANDING TIMES - EYES OPEN AND CLOSED

2. IF WEAK MUSCLE: RE-TEST WITH ORAL SUPPLEMENT

a) FOLIC ACID - **Folic Acid-800™**

b) 5-MTHF - **Methylfolate Plus™**

c) P-5-P - **B-6 Phosphate™**

d) NIACIN - **Niacin 100™**

The above testing methods were taken from Dr. Walter Schmitt and his seminar called "Better Results with Injury Inflammation and Pain."

Notes: _____
