



FYZICAL[®]
Therapy & Balance Centers

MEDICAL MOMENTS

SCREENING YOUR PATIENTS FOR VESTIBULAR DYSFUNCTION IS EASY!

If you have patients with complaints of dizziness, vertigo, difficulty walking or concentrating, they may have vestibular dysfunction. Here is a quick screening you can do in the office!

The balance system is comprised primarily of the somatosensory system, the vision system and the vestibular system. The test below is called the Modified Clinical Test for Sensory Interaction in Balance (mCTSIB). It isolates the vestibular system through disadvantaging the patient's vision and somatosensory systems by having the patient stand on a foam pad with their eyes closed.*



TO PERFORM THE TEST:

1. Have patient step onto the middle of the blue pad with feet together and arms crossed over chest.
2. Have patient close their eyes and count down from 10 seconds. Guard the patient as shown in picture to ensure their safety.

POSITIVE TEST=

- The patient deviates from initial crossed arms position
- The patient opens eyes to correct balance
- The patient moves feet or requires manual assistance to prevent losing balance.

NEGATIVE TEST=

- Minimal patient movement

A positive test indicates generalized vestibular dysfunction. These patients may benefit from a vestibular physical therapy evaluation to determine an effective plan of care.

*Laryngoscope. Standing balance tests for screening people with vestibular impairments. Laryngoscope, 2014 Feb; 124(2): 545-550

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