Sideline Functional and Visual Assessments

ROMBERG SWAY ANALYSIS: Request the athlete to stand with feet together and arms folded across the chest. Instruct to keep eyes closed and the head in a forward position.

**Negative test:** Maintains this position for 30 seconds.

**Positive test:** Exhibits swaying, feet moving from the floor, arms moving from starting position and eyes opening.

20 YARD JOG: Request the athlete to jog a distance of 20 yards in a straight line and them return to the starting position using the same path but with eyes closed.

**Negative test:** Jogs in a straight line with eyes closed.

**Positive test:** Opens eyes or cannot jog in straight line, sways either left or right.

SINGLETON’S TEST: Request the athlete to perform 5 quick, broad steps forward, quickly turn around 180 degrees, and then perform the Romberg test with eyes closed.

**Negative test:** Maintains Romberg testing position for 10 seconds.

**Positive test:** Exhibits swaying, feet moving from floor, arms moving from straight position and eyes opening.

TANDEM ROMBERG: Request athlete to stand with one foot directly in front of the other (heel to toe) and arms folded across the chest. Instruct to keep eyes closed and the head in a forward position.

**Negative test:** Maintains the position for 10 seconds.

**Positive test:** Exhibits swaying, feet moving from floor, arms moving from starting position and eyes opening.

DYNAMIC VISUAL ACTIVITY: (Vision assessment card on back) Request the athlete to hold a vision card containing bold letters 14” away from eyes. Instruct to quickly shake head from left to right while maintaining focus on the letters. Repeat test with rapid up an down motion in head.

**Negative test:** Athlete is able to read bold letters aloud without difficulty.

**Positive test:** Athlete is unable to focus on the letters and read them aloud. Make note if the athlete complains of dizziness or nausea.

Source: Sports Medicine, Policy & Procedures Manual, The University of Texas at Austin, Developed by 360° Balance.
Follow instructions on the opposite side of this card to test Dynamic Visual Acuity.