

# Supine Roll Test

## Patient information

Name:

Date of birth:

Gender:  Male  Female  Other:

Height:

Weight:

## Test overview

The Supine Roll Test is a diagnostic maneuver used to identify horizontal canal benign paroxysmal positional vertigo (HC-BPPV).

## Instructions for the patient

- Wear comfortable clothing that allows clear visibility of the neck and head.
- Lie on your back with your head slightly elevated (approximately 20 degrees).
- Follow the clinician's instructions carefully during the test.

## Test procedure

1. Have the patient sit lengthwise on the examination table and place Frenzel/VNG goggles on the patient.
2. Guide the patient into a supine position with a slight elevation of the head (~20 degrees).
3. Instruct the patient to turn their head 90 degrees to the right. If cervical flexibility is limited, have them roll onto their shoulder.
4. Observe for nystagmus and note its severity and direction.
5. Return the patient's head to a neutral position.
6. Repeat the head turn to the left and observe for nystagmus again.
7. Return the patient to the neutral position.

## Results

### Right head turn

Nystagmus:  Present  Absent

Severity of nystagmus:

Direction of nystagmus:  Geotropic  Apogeotropic

### Left head turn

Nystagmus:  Present  Absent

Severity of nystagmus:

Direction of nystagmus:  Geotropic  Apogeotropic

**Healthcare practitioner's notes**

**Healthcare practitioner's information**

Name:

Signature:

Date: