

Valsalva Test

Patient name: _____ Age: _____ Date: _____

Examiner: _____

Test overview

The Valsalva Test, often referred to as the Valsalva maneuver, is a diagnostic tool used to evaluate the function of the heart and autonomic nervous system. This assessment is used to detect various medical conditions, including cervical radicular syndrome.

Valsava Test for cervical radicular syndrome

1. Sit the patient upright.
2. Instruct the patient to take and hold a deep breath.
3. Have the patient exhale over 2-3 seconds with increasing force.
4. Suggest blowing against the back of the hand or simulating bearing down (as in a toilet procedure or equalizing ear pressure while diving).

Results

- Positive:** The test is considered positive if it reproduces the patient's arm pain or paresthesia.
- Negative:** The test is considered negative if it does not reproduce any arm pain or paresthesia.

Additional notes

Healthcare professional information

Name:

License number:

Contact number:

Signature: