

Finger nose proprioception test (case study)

Author: Khin Bo

Introduction

The author published on the finger nose proprioceptive test (FNPT) in 2017.¹ FNPT is a bedside test to see if patient can touch his/her nose with his/her finger when the eyes are closed (Fig 1a). Patients with proprioceptive impairment will miss the tip of the nose (Fig 1b). As an extension of that research, can proprioception be improved by enhancing the remaining sensory pathways (eg temperature, pain, vibration)?

Materials and methods

A 30-year-old patient with generalised severe proprioceptive impairment from axonal ataxic polyneuropathy (variant of Guillain Barre syndrome). FNPT was severely positive in the left hand. He could still feel temperature reasonably well. Left fingers were immersed in ice cubes until the patient reported feeling very cold in the fingers. FNPT was repeated.

Results and discussion

There was about 75% improvement in locating the tip of the nose with the eyes closed (Fig 1c).

Conclusion

Impairment in proprioception can be improved by enhancing the remaining sensory pathway (temperature sensation in this case).

This is just a case report and further studies need to validate the finding. ■

Conflict of interest statement

None declared.

Reference

- 1 Bo K. Finger nose proprioceptive test. *J Neuroinfect Dis* 2017;8:265.



Fig 1. The test and result

Author: Rehab Medicine Service, Northern Lincolnshire & Goole NHS Foundation Trust, UK