MODULE 1: Anatomy and Physiology of the Vestibular System

- Welcome and Introduction
  - Statement of need and demographics
  - Historical perspective
- Anatomy and Physiology of the Vestibular System
  - Peripheral
  - Central
- Understanding Sensory Integration of Equilibrium
  - Eye movements
    - Pendular Pursuit
    - Saccades
    - Optokinetic
    - Corrective Saccades
    - Nystagmus
  - Vestibular Reflex systems
    - Vestibulo-ocular (VOR)
    - Vestibulo-collic (VCR)
    - Vestibulo-spinal (VSR)
- Central Vestibular Compensation: How and Why VRT works

MODULE 2: Common Disorders Affecting Vestibular and Balance Function

- Common disorders affecting vestibular and balance function
  - Benign Paroxysmal Positional Vertigo (BPPV)
  - Migraine
  - Psychological Considerations
  - Concussion
  - Otologic
  - Trauma
  - Toxicity
  - Neurologic
  - Rheumatology/Autoimmune
  - Cervicogenic
  - Other
MODULE 3: Evaluation and Assessment Protocols-Vestibulopathy

- Evaluation & assessment protocols
  - Stabilized vs. Non-stabilized
  - Compensated vs. Non-compensated
  - Goals and plan of care
  - ICD-10 and CPT codes

- Evaluation – Interview
  - Clinical Pathways
    - Pertinent medical history
    - Selecting appropriate vestibular evaluation tests
  - Clinimetrics

- Evaluation – Postural Stability
  - Gans SOP

- Evaluation – Oculomotor & VOR
  - Bedside gaze assessment
  - Head Thrust/Impulse Test
  - Dynamic Visual Acuity
  - Post headshake nystagmus
  - Optokinetic test
  - Motion Sensitivity Index

MODULE 4: Cervicogenic Considerations

- Evaluation – Cervicogenic Considerations
  - Vertebral artery compromise
  - Cervical Dizziness and Joint Position Sense Test(s)
  - Manual Practice

MODULE 5: Evaluation and Treatment-BPPV

- Evaluation & Treatment - BPPV
  - Demonstration of Canalith Repositioning Maneuvers (CRM)
  - Manual practice hands-on - CRMs
    - Posterior Canal
      - Modified Canalith Re-positioning (CRM Epley/Herdman style)
      - Semont Liberatory Maneuver (SLM)
      - Gans Repositioning Maneuver (GRM)
    - Horizontal Canal
      - Appiani
      - Casani
      - Horizontal Hybrid Maneuver
• Barbeque Roll
  ▪ Anterior Canal
• CRM Treatment Considerations
• Restrictions Post BPPV treatment
• Complications of treatment

MODULE 6: Vestibular Rehabilitation Therapy Protocols

• Vestibular Rehabilitation Therapy (VRT)
  o Diagnosis Based Strategies
  o Theories of Adaptation, Habituation and Substitution
  o Role of Attention and Cognition
  o Evidence-based Clinical Pathways: Using VRT protocols and creating patient-centered therapy
    ▪ Identification of functional impairment by categories
      • Oscillopsia
      • Vestibular Recruitment
      • Vestibular visual integration-vision/surface dependence
  o Building and Implementing VRT Protocols
  o Manual Practice
  o Precautions to VRT
• Summary and Concluding Remarks

MODULE 7: Patient Care Resources

• Self-directed Case Studies
• Vestibular Evaluation and Clinical Forms
• Balance and Equilibrium Outcome Measurement Tools
• Patient Education Forms
• Self-directed Vestibular Rehabilitation Program and Protocols
  o Includes 30 patient education forms with pictures and written instructions
• Clinician-directed Vestibular Rehabilitation Program and Protocols
  o Includes 40 patient education forms with pictures and written instructions

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