

# Vestibular Rehabilitation Certification Workshop

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**Day 1 9:00 am – 5:00 pm (Largo, Florida)**  
**8:30 am – 4:30 pm (All other workshop locations)**

## **Morning Session:**

**Break 10:00 - 10:15 am**

- Welcome and Introduction
  - Statement of need and demographics
  - Historical perspective
- Anatomy and Physiology of the Vestibular System
  - Peripheral
  - Central
- Understanding sensory integration of equilibrium
  - Vestibular Reflex systems
    - Vestibulo-ocular (VOR)
      - Nystagmus Definitions and Videos
    - Vestibulo-spinal (VSR)
    - Vestibulo-collic (VCR)

**Lunch 12 – 1 pm (on your own)**

## **Afternoon Session:**

**Break 3:00 – 3:15 pm**

- Common disorders affecting vestibular function
  - Benign Paroxysmal Positional Vertigo (BPPV)
  - Migraine
  - Concussion
  - Otologic
  - Neurologic
  - Toxicity
  - Trauma
- Evaluation & assessment protocols
  - Stabilized vs. Non-stabilized
  - Compensated vs. Non-compensated
  - Clinical Pathways
  - Postural Stability

**Day 2 9:00 am – 5:00 pm (Largo, Florida)**  
**8:30 am – 4:30 pm (All other workshop locations)**

## **Morning Session:**

**Break 10:00 - 10:15 am**

- Evaluation protocols (continued)
  - Vertebral artery
  - Cervical dizziness
  - Dynamic Visual Acuity
  - Head Thrust
  - Provoked Vertigo Tests
    - Modified Hallpike
    - Positional
  - Manual Practice

***Lunch 12 – 1 pm (on your own)***

**Afternoon Session:**

***Break 3:00 – 3:15 pm***

- Review of theories of BPPV
- Demonstration of Canalith Repositioning Maneuvers (CRM)
  - Posterior Canal
  - Horizontal Canal
  - Anterior Canal
- Manual practice –hands-on- CRMs
  - Modified Canalith Repositioning (CRM Epley/Herdman style)
  - Semont Liberatory Maneuver (SLM)
  - Gans Repositioning Maneuver (GRM)
  - Appiani
  - Casani
  - Barbecue Roll/log roll
  - Deep head hang
- Treatment Considerations
  - Restrictions
  - Complications
  - Improving outcomes

**Day 3 9:00 am – 5:00 pm (Largo, Florida)**  
***8:30 am – 4:30 pm (All other workshop locations)***

**Morning Session:**

***Break 10:00 - 10:15 am***

- Diagnosis Based Strategies
- Central Vestibular Compensation: How and Why VRT works
- Theories of Adaptation, Habituation and Substitution
- Evidenced-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
- Manual Practice

***Lunch 12 – 1 pm (on your own)***

**Afternoon Session:**

***Break 3:00 – 3:15 pm***

- VRT Protocols - Continued
- Building and implementing Concussion protocols
  - Differentiation of cognitive vs. labyrinthine performance and return to play and activities (RTP/A)
- Manual Practice
- Psychological Considerations
  - Manifestations and the influence of personality disorders
  - Using Cognitive Behavioral Therapy (CBT) with VRT
- Balance Evaluation and Treatment: A PT's Perspective
- Case Studies: Bringing it all together

Summary and Concluding Remarks