

# Vestibular Rehabilitation Certification Workshop

*Faculty: Richard E. Gans, Ph.D., Sara Jagger, Au.D., Darren Kurtzer, Au.D.*

## **Day 1**

- 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)
- 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
  - Vertebral artery
  - Cervical dizziness
  - Dynamic Visual Acuity

- Head Thrust
- Provoked Vertigo Tests
  - Modified Hallpike
  - Positional
- Manual Practice

## ***Day 2***

- 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
- 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

## Day 3

- 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

*Syllabus timeline is for general purposes only. Depending on interest of the class, depth of discussions, questions, demonstrations and any hands-on, timeline may be adjusted. All content, however, will be covered.*