

## Vestibular Rehabilitation Certification Workshop

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*\*Faculty may vary based on availability and location*

### Day 1 8:30 am – 6:00 pm

#### Morning Session: 8:30 am – 12:00 pm (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
  - Eye movements
    - Pendular Pursuit
    - Saccades
    - Optokinetic
    - Corrective Saccades
    - Nystagmus
  - Vestibular Reflex systems
    - Vestibulo-ocular (VOR)
    - Vestibulo-collic (VCR)
    - Vestibulo-spinal (VSR)

#### Lunch on your own: 12:00 pm – 1:00 pm

#### Afternoon Session: 1:00 – 6:00 pm (Break 3:00 – 3:15 pm)

- Central Vestibular Compensation: How and Why VRT works
- Common disorders affecting vestibular and balance function
  - Benign Paroxysmal Positional Vertigo (BPPV)
  - Migraine
  - Psychological Considerations
  - Concussion
  - Otologic
  - Trauma
  - Toxicity
  - Neurologic
  - Rheumatology/Autoimmune
  - Cervicogenic
  - Other
- Evaluation & assessment protocols
  - Stabilized vs. Non-stabilized
  - Compensated vs. Non-compensated
  - Goals and plan of care
  - ICD-10 and CPT codes

**Day 2 8:30 am – 6:00 pm****Morning Session: 8:30 am – 12:00 pm (Break 10:00 - 10:15 am)**

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

**Lunch on your own: 12:00 pm – 1:00 pm**

**Afternoon Session: 1:00 pm – 6:00 pm (Break 3:00 pm-3:15pm)**

- 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

**Day 3 8:30 am – 12:15 pm**

- Vestibular Rehabilitation Therapy (VRT)
  - Diagnosis Based Strategies
  - Theories of Adaptation, Habituation and Substitution
  - Role of Attention and Cognition
  - 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
  - Building and Implementing VRT Protocols
  - Manual Practice
  - Precautions to VRT
- Summary and Concluding Remarks

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