

## Vestibular Rehabilitation Certification II A Competency-Based Advanced Workshop

**Course Director:** Richard E. Gans, Ph.D.

**Faculty:** Steven Spinks, PT, DPT, OCS, COMT, FAAOMPT, Kim Rutherford, PT, DSc., COMT,  
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*\*Faculty may vary based on availability and location*

**Day 1 9:00 am – 5:00 pm**

### **Morning Session: 9:00 am – 12pm (Break 10:30 am – 10:45 am)**

- Introduction
- Migraine
  - Pathophysiology of the peripheral and central vestibular systems
  - Vestibular and balance manifestations
    - Episodic Ataxia 2 (EA2)
    - Spinocerebellar 6 (SC6)
    - Familial and Sporadic Hemiplegic Migraine (FHM, SHM)
  - Case studies with plan of care, goals, and outcome measures
    - Migrainous Positional Vertigo (MPV)
    - Post Hysterectomy Migraine
  - VRT management strategies

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

### **Afternoon Session: 1:00 – 5:00 pm (Break 3:00 – 3:15 pm)**

- Multifactorial
  - Diabetes
  - Vestibulotoxicity
  - Management strategies
- Psychogenic dizziness
  - Overview of personality disorders
  - Case studies with plan of care, goals, and outcome measures
    - Space and Motion Discomfort (SMD)
    - Agoraphobia
    - Mal de Debarquement Syndrome (MDDS)
    - Migraine Anxiety Related Dizziness (MARD)
    - Phobic Postural Vertigo (PPV)
    - Persistent Postural-Perceptual Dizziness (PPPD)
    - Motor Conversion
  - Management incorporating Vestibular Rehabilitation Therapy (VRT) and Cognitive Behavioral Therapy (CBT)

**Day 2 9:00 am – 5:00 pm****Morning Session: 9:00 am – 12:00 pm (Break 10:00 - 10:15 am)**

- Parkinson's patient with and without vestibular dysfunction
  - Overview of neuropathology of Parkinson's and its role in gait and movement dysfunction
  - Improving baseline function, stride length, and gait
    - Traditional therapy
    - Incorporating music therapy
    - Tai Chi
    - Virtual Reality
  - Incorporating cognitive behavioral therapy (CBT)
  - Case studies with plan of care, goals, and outcome measures

**Lunch on your own: 12:00 pm – 1:00 pm****Afternoon Session: 1:00 pm – 5:00 pm (Break 3:00 pm – 3:15 pm)**

- BPPV
  - Review of nystagmus patterns
  - Co-morbidities
  - Management strategies and case studies with outcome measures
    - BPPV Post Head Trauma
    - Spina Bifida
    - Osteogenesis Imperfecta
- Concussion
  - Prevalence of sports-related concussions and the societal impact
  - Berlin Consensus Statement on Concussion in Sport
  - Structural vs. Metabolic Damage
  - Chemical Cascade
  - Chronic Traumatic Encephalopathy (CTE)
  - Labyrinthine Concussion
  - Cortical Assessment
    - Baseline Testing
    - SCAT 5
    - King-Devick Test
    - Aerobic exercise and brain function
    - Buffalo Concussion Treadmill Test

**Day 3 9:00 am – 12:15 pm**

**Morning Session: 9:00 am – 12:15 pm (Break 10:30 am – 10:45 am)**

- Cervicogenic Dizziness
  - Incidence and Prevalence
  - Subjective History
  - Cervical Dizziness Screening Test
  - Objective Examination
  - Upper Cervical Instability (UCI)
    - Sharp-Purser Test
    - Alar Ligament Stress Test
    - Transverse Ligament Test
  - Cervical Dizziness
  - Cervical Proprioception Testing
  - Joint Position Sense
  - Lab
- Summary and Conclusions

*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.*