

## Course in Advanced Vestibular Rehabilitation

22-25<sup>th</sup> July 2024 – RCSI

### The Course

This evidence-based, 4-day competency course (with exam on 4<sup>th</sup> day) is lecture and laboratory based, developed in response to requests for an update on treatment and assessment of people with vestibular disorders.

### Who is the course for?

The course is open to Physiotherapists who have a minimum of 3 years managing patients with vestibular disorders.

### Learning Objectives

The course will emphasize the differential diagnosis of vestibular disorders and will teach advanced assessment and skills. For example, it will cover mild traumatic brain injury from cervical spine injury; differentiation of central eye movement signs and symptoms from peripheral vestibular eye movement signs and symptoms; treatment of the less common presentations of BPPV, including those in patients with complicating factors; issues of chronic anxiety, motion sensitivity and referral. It will also cover advanced exercise prescription, expectations for recovery and technological advances in vestibular rehabilitation.

### Certification

Two certificates may be given in this course – one for attendance (CPD points) and one for achievement. The certificate of achievement signifies that, at the time the course was given, the student demonstrated proper performance of certain skills (based on practical exams) and understood basic information (based on the written and video exams) related to vestibular rehabilitation.

### Who is providing the course?

The course is coordinated by the National Clinical Programme in Surgery at RCSI. The training is being provided by:

Name	Department	City
Richard Clendaniel, PT, PhD, FAPTA	Duke University	Durham, NC
Michael C. Schubert, PT, PhD, FAPTA	Johns Hopkins University	Baltimore, MD
Dara Meldrum PhD. MSc. BSc. Dip Clin. Trials	Trinity College	Dublin Ireland
Susan L. Whitney DPT, PhD, NCS, ATC, FAPTA	University of Pittsburgh	Pittsburgh PA

**Where:** Royal College of Surgeons, St Stephens Green

**When:** 22<sup>nd</sup> – 25<sup>th</sup> July 2024

**Cost:** The cost for the course is €800 including lunch and refreshments

**How to register:** To register for this course please click [here](#) by COB on 17<sup>th</sup> May.

The fee for this course is refundable (-10% Administration Fee) up until the 1<sup>st</sup> of June 2024 after which it will only be refundable if there is a minimum attendance of 30 participants.

This is a not for profit course and the fees will be going directly to the cost of running the course including bring the experts/trainers from overseas. There is a minimum requirement of 30 attendees to run the course and maximum of 40.

### Advances in Vestibular Rehabilitation – Agenda

<b>Day 1</b>	
8:30 – 9:00	Registration
9:00 – 9:15	Introduction and orientation
9:15 – 10:30	Advanced Oculomotor exam to identify, trophias, phorias, interpretation of skew)
10:30 – 11:00	Break
11:00 – 12:00	LAB Oculomotor Exam (Maddox Rod, Cover/Uncover/Cross-cover, 4th vs utricular Skew, 3 step park test)
12:30 – 1:30	Lunch
1:30 – 2:30	Lecture: What's New for the Gait and Posture exam (GDT, interpretation more than doing)
2:30-3:30	LAB: What's New for the Gait and Posture exam
3:30 – 4:00	Break
4:00-4:30	Cases of Central and peripheral videos (include migraine, CPV, INO, cerebellar)
4:30 – 5:30	Case Presentations (6-8) by participants
<b>Day 2</b>	
8:00 – 9:30	Lecture: Cervical Dizziness
9:30 – 10:30	LAB: Cervical Dizziness
10:30 – 11:00	Break
11:00 – 11:45	Lecture: Advanced treatment techniques for BPPV (multi-canal, short arm, sitting up vertigo, newer manoeuvres)
11:45 – 12:15	Practicum: BPPV
12:15 – 1:30	Lunch
1:30 – 2:15	Lecture: Vestibular Function Testing
2:15 – 3:00	Lecture: Newer PROMs (catastrophizing, avoidance, Niigata, etc.)
3:00 – 3:15	Break
3:15 - 4:00	Migraine Update
4:00 – 5:30	Case Presentations (6-8) by participants
<b>Day 3</b>	
8:00 – 9:00	vHIT- Uses and Interpretation in Vestibular Rehabilitation
9:00 – 10:00	LAB on vHIT Testing and Interpretation
10:00 – 10:30	BREAK
10:30 – 11:30	Lecture: Diagnosing and treating 3PD (competency in exercise prescription, progressions and considerations)
11:30 – 12:30	What New in Concussion Dx and Rx?
12:30-1:30	Lunch
1:30 – 2:15	Advanced Exercise Progression for Gaze Stability Exercises
2:15 – 3:15	New Advances -Digital and Remote Vestibular Rehabilitation (VestAid, VERTIGENIUS, StableEyes)
3.15 – 3.45	Break
3.45 - 5.00	Skills Practice (Videos and Practicals)
<b>Day 4</b>	
8:00 – 9:00	Skills Exam
9:00 – 10:30	Video Exam
10:30 - 11:00	Break
11:00 – 12:30	Written Exam
12:30	Adjourn

*Note: The agenda for this course is subject to change*