Vestibular Rehabilitation: “Practical Management of the Patient with Dizziness”

This evidence-based course will train clinicians in the practical management of vestibular disorders. The course will include instruction in anatomy and physiology, medical management, pathology, detailed bedside examination and treatment skills. The material will be presented in a lecture, lab and video case study format. Competence in the performance of a comprehensive office / bedside examination and treatment skills will be addressed in a lab format. The seminar is intended to enhance the clinician’s ability to evaluate the appropriateness and effectiveness of vestibular rehabilitative therapy (VRT) for common vestibular disorders. Practical application of VRT to a variety of practice settings (outpatient, acute care, SNF, ER) will be discussed. An emphasis will be placed on the management of BPPV variants and vestibular hypofunction.

**Learning Objectives:**
At the completion of this program the participant will be able to:

- Perform a detailed bedside vestibular & balance examination
- Based on patient history and bedside examination, identify the specific features of:
  - Peripheral vestibular disorders
  - Central vestibular disorders
  - Non-vestibular dizziness
- Recognize typical characteristics of peripheral vestibular vs. central-etiologic nystagmus
- Identify appropriate standardized assessment tools for use in vestibular rehabilitation
- Prescribe rehabilitation programs to address adaptation and compensation for vestibular dysfunction
- Identify specific variants of BPPV and perform appropriate canalith repositioning maneuvers
- Identify indications for further medical referral