

**With  
Richard  
O'Hara**

# Vestibular Rehabilitation

**Including Dizziness for  
Physiotherapists**

**Duration: 2 days**  
**CPD Hours: 14**  
**Date: 23rd & 24th January 2025**  
**Format: Face to Face**  
**Venue; Derby Tbc**  
**Fee: £350**



## Overview

The cervical spine can cause symptoms of unsteadiness and imbalance. This two-day course provides a scientific rationale for the existence of cervicogenic dizziness. Its diagnosis is one of exclusion. Differentiation between vestibular, central neurological and musculoskeletal causes of dizziness is highly important when assessing and treating cervicogenic dizziness.

This updated, intense two-day course covers the essentials of clinical vestibular assessment and treatment. A strong emphasis is placed on differential diagnosis, clinical reasoning and treatment selection.

Delegates will be taught to identify signs and symptoms that indicate central/sinister pathology. The rehabilitation techniques included in the course have a strong evidence base. The techniques are not confined to cervicogenic dizziness. The course provides a scientific rationale for the existence and treatment of dizziness arising from the neck.

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Training made easy

# Vestibular Rehabilitation

## Including Dizziness for Physiotherapists

### Key Learning Outcomes

- Understand basic vestibular anatomy and physiology (semicircular canal orientation+function and the vestibulo-ocular reflex in particular)
- Have an overview of the main vestibular pathologies
- Take a relevant subjective history including vestibular special questions
- Carry out a clinical oculomotor examination
- Clinically assess the VOR (dynamic visual acuity, infrared video analysis and head thrust test)
- Clinically evaluate different types of nystagmus (central vs peripheral)
- Carry out an appropriate outcome-based assessment of balance
- Do positional testing for BPPV, interpret findings and treat using the appropriate manoeuvre (posterior, anterior and horizontal canal variants)
- Understand the potential for and clinical significance of cervicogenic dizziness
- Devise, evaluate and progress a patient-specific exercise-based rehabilitation programme