

**With  
Richard  
O'Hara**

# Vestibular Rehabilitation

## Dizziness for Occupational Therapists & Physio's

**Duration: 2 days**  
**CPD Hours: 14.75**  
**Format: Face to Face**  
**Fee: £350**



## Overview

Dizziness is among the most common patient complaints and can complicate Therapy intervention.

This course allows Occupational Therapists & Physio's to evaluate and differentiate their patients dizziness. Using movement and exercise, Occupational Therapists & Physio's can also effectively treat common causes of dizziness. This intense two day course covers the essentials of vestibular assessment and treatment. A strong emphasis is placed on clinical assessment, differential diagnosis and treatment selection.

Delegates will be taught to identify signs and symptoms that indicate central/sinister pathology. The vestibular rehabilitation techniques included in the course have a strong evidence base. Discussion regarding the application of vestibular rehabilitation assessment and treatment in the context of Occupational Therapy/Physio and Scope of Practice will be included. The course content is particularly applicable to patient/client groups who are prone to falling.

**Email us to book!**  
**[customerservices@trainingmadeeasy.org](mailto:customerservices@trainingmadeeasy.org)**



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## Dizziness for Occupational Therapists

### 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 vestibulo-ocular reflex (dynamic visual acuity, infrared video analysis and head thrust test)
- Clinically evaluate different types of nystagmus (central/sinister s peripheral/benign)
- 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)
- Devise, evaluate and progress a patient- specific exercise based rehabilitation programme
- Understand how the content of the course could be integrated in the occupational Therapy role.



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## Dizziness for Occupational Therapists

### Timetable

#### Day 1

08:45-09:00 Registration  
09:00-09:45 Vestibular anatomy and physiology  
09:45-10:45 Clinical assessment of VOR  
10:45-11:00 Coffee  
11:00-12:00 Vestibular pathologies  
12:00-12:30 Nystagmus  
12:30-13:00 Lunch  
13:00-13:15 Vestibular subjective examination  
13:15-14:30 Clinical oculomotor examination  
14:30-15:00 Gait and balance examination  
15:00-15:15 Brainstem stroke/VBI  
15:15-16:30 BPPV theory and demonstration (anterior and posterior canal)

#### Day 2

09:00-11:00 BPPV Practical (anterior and posterior canal)  
11:00-11:15 Coffee  
11:15-11:30 BPPV Theory (Horizontal canal) 11:30-11:45 BPPV Practical (Horizontal canal)  
11:45-12:30 Vestibular rehabilitation techniques  
12:30-13:00 Lunch  
13:00-14:00 Neurological examination  
14:00-14:15 Coffee  
14:15-16:15 Case studies/clinical reasoning/practical

