

Vestibular Rehabilitation Certification

HYBRID

ONLINE + IN-PERSON



COURSE DESCRIPTION

This combined 19.5 hour, the competency-based course will be the foundation for the learner as a Certified Vestibular Specialist. The course will expand upon introductory coursework for vestibular dysfunction as it relates to benign paroxysmal positional vertigo (BPPV), and vestibular hypo-function, including assessment and rehabilitation. Canalith repositioning maneuvers (CRM) and vestibular rehabilitation therapy (VRT) protocols to manage identifiable vestibular and balance system disorders. Evidence-based integration into management principles will be disseminated throughout both the online and live components of the course.

CONTENT OVERVIEW

- An overview of vestibular anatomy and physiology
- Understanding sensory integration of equilibrium
- Disorders affecting vestibular function
- Evaluation and Management of Vestibular Disorders, including BPPV
- BPPV diagnosis & treatment – Canalith Repositioning Maneuvers with manual training
- Evaluation and Management of Cervicogenic Dizziness
- Neurophysiology of Central Compensation
- VRT protocols: adaptation, habituation, and substitution for patient-centered therapy
- Comprehensive training materials for therapy programs
- Psychogenic factors affecting VRT outcomes



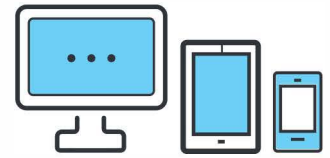
LEARNING OBJECTIVES

- Describe peripheral and central vestibular anatomy and physiology
- Explain the concept of central compensation and those factors affecting it
- Name the most common otologic and non-otologic conditions which may cause dizziness, vertigo, and imbalance
- Demonstrate the most sensitive bedside/clinical evaluation protocols which identify candidates for treatment and proper triage and management
- Differentiate vestibular test abnormalities that identify patients who are "appropriate" candidates for therapy.
- Use diagnosis based strategies for designing and implementing a comprehensive vestibular rehabilitation program.
- Apply specific therapy protocols within individualized programs for patients.
- Select and perform the appropriate Canalith Repositioning Maneuvers for all forms of BPPV.
- Describe the relationship of the cervical spine in the management of the "dizzy" patient.



TARGET AUDIENCE

- ➔ Physical Therapists
- ➔ Physical Therapist Assistants
- ➔ Occupational Therapists
- ➔ Certified Occupational Therapy Assistants
- ➔ Audiologists
- ➔ Physicians (MD, DO)
- ➔ Athletic Trainers



SYLLABUS

VESTIBULAR REHABILITATION

1 MODULE

ANATOMY & PHYSIOLOGY OF THE VESTIBULAR SYSTEM

Welcome and Introduction

- Statement of need and demographics
- Historical perspective

Anatomy and Physiology of the Vestibular System

- Peripheral
- Central

Central Vestibular Compensation: How and Why VRT works

Understanding Sensory Integration of Equilibrium

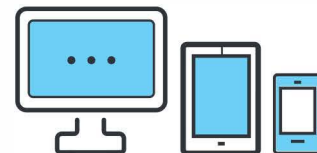
- Eye movements
 - Pendular Pursuit
 - Saccades
 - Optokinetic
 - Corrective Saccades
 - Nystagmus
- Vestibular Reflex systems
 - Vestibulo-ocular (VOR)
 - Vestibulo-collic (VCR)
 - Vestibulo-spinal (VSR)

2 MODULE

COMMON DISORDERS AFFECTING VESTIBULAR AND BALANCE FUNCTION

Common disorders affecting vestibular and balance function

- Benign Paroxysmal Positional Vertigo (BPPV)
- Migraine
- Psychological Considerations
- Concussion
- Otologic
- Trauma
- Toxicity
- Neurologic
- Rheumatology/Autoimmune
- Cervicogenic
- Other



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VESTIBULAR REHABILITATION

MODULE 3

EVALUATION AND ASSESSMENT PROTOCOLS VESTIBULOPATHY

Evaluation & assessment protocols

- Stabilized vs. Non-stabilized
- Compensated vs. Non-compensated
- Goals and plan of care
- ICD-10 and CPT codes

Evaluation - Interview

- Clinical Pathways
 - Pertinent medical history
 - Selecting appropriate vestibular evaluation tests
- Clinimetrics

Evaluation – Postural Stability

- Gans SOP

Evaluation – Oculomotor & VOR

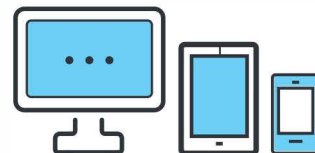
- Bedside gaze assessment
- Head Thrust/Impulse Test
- Dynamic Visual Acuity
- Post headshake nystagmus
- Optokinetic test
- Motion Sensitivity Index

MODULE 4

CERVICOGENIC CONSIDERATIONS

Evaluation – Cervicogenic Considerations

- Vertebral artery compromise
- Cervical Dizziness and Joint Position Sense Test(s)



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VESTIBULAR REHABILITATION

5 MODULE

VESTIBULAR REHABILITATION THERAPY PROTOCOLS

Vestibular Rehabilitation Therapy (VRT)

- Diagnosis Based Strategies
- Theories of Adaptation, Habituation, and Substitution
- Role of Attention and Cognition
- Evidence-based Clinical Pathways: Using VRT protocols and creating patient-centered therapy
 - Identification of functional impairment by categories
 - Oscillopsia
 - Vestibular Recruitment
 - Vestibular visual integration-vision/surface dependence

- Building and Implementing VRT Protocols

- Precautions to VRT

Summary and Concluding Remarks

6 MODULE

PATIENT CARE RESOURCES

Self-directed Case Studies

Vestibular Evaluation and Clinical Forms

Balance and Equilibrium Outcome Measurement Tools

Patient Education Forms

Self-directed Vestibular Rehabilitation Program and Protocols

- Includes 30 patient education forms with pictures and written instructions

Clinician-directed Vestibular Rehabilitation Program and Protocols

- Includes 40 patient education forms with pictures and written instructions



SYLLABUS

VESTIBULAR REHABILITATION

Vestibular Rehabilitation
8:00 am to 4:30 pm

VESTIBULAR REHABILITATION CERTIFICATION

Morning Session: 8:00 am – 12:00 pm (Break 10:00 - 10:15 am)

- **Welcome and Introductions**
- **Review of Anatomy and Physiology of the Vestibular System**
 - Peripheral vs. Central Presentation
 - Eye movements
 - Pendular Pursuit
 - Saccades
 - Optokinetic
 - Corrective Saccades
 - Nystagmus
- **Bedside Evaluation Demonstration and Practice**
 - Gans SOP
 - Bedside gaze assessment
 - Head Thrust/Impulse Test
 - Dynamic Visual Acuity (DVA)
 - Post-Headshake Nystagmus Test
 - Optokinetic Test
 - Motion Sensitivity Index
 - Cervicogenic Testing
 - Vertebral Artery Screen
 - Cervical Dizziness Test(s)
 - Joint Position Sense Test
- **Vestibular Rehabilitation Therapy (VRT)**
 - Review of Evidence-based Clinical Pathways: Using VRT protocols and creating patient-centered therapy
 - Identification of functional impairment by categories
 - Oscillopsia
 - Vestibular Recruitment
 - Vestibular visual integration-vision/surface dependence
 - Building and Implementing VRT Protocols
 - Manual Practice

Morning



SYLLABUS

VESTIBULAR REHABILITATION

Vestibular Rehabilitation
8:00 am to 4:30 pm

Lunch

LUNCH ON YOUR OWN: 12:00 PM – 12:30 PM

Afternoon

VESTIBULAR REHABILITATION CERTIFICATION

Afternoon Session: 12:30 – 4:30 pm (Break 3:00 – 3:15 pm)

- Demonstration of Canalith Repositioning Maneuvers (CRM)
- Manual practice hands-on - CRMs
 - Posterior Canal
 - Modified Canalith Re-positioning (CRM Epley/Herdman style)
 - Semont Liberatory Maneuver (SLM)
 - Gans Repositioning Maneuver (GRM)
 - Horizontal Canal
 - Appiani
 - Casani
 - Horizontal Hybrid Maneuver
 - Barbeque Roll
 - Anterior Canal
- Summary and Concluding Remarks-Vestibular Certification
- Questions and Answers-Vestibular Certification

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.



Certification & CEUs

12 CONTACT HOURS

Online, self-paced course

7.5 CONTACT HOURS

One-Day LIVE Hands-on Course



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ONLINE + IN-PERSON

After completion of the online component, participants have the option to attend the one-day hands-on clinical competency course. This will be conducted in 13 major US cities as the final component for certification. To ensure a complete, comprehensive learning experience, we encourage participants to attend the one-day, live, hands-on course **AFTER** completion of the online course.

CEUs for the online component and the one-day live component can be individually issued upon completion. Please note, CEU approval may vary state to state.

Certification is earned after completion of BOTH the online and live course, combined with a passing score on the written AND competency-based exams.

For course details, dates & locations, please visit
[DIZZY.COM/VR](https://www.dizzy.com/vr)

Course Cancellation & Refund Policy (Hybrid & Online Workshops)

Once purchased, there will be no refunds or cancellations. Participants will receive all enduring materials upon registering and will have remaining access to all content as a certified member.

Course Transfer Policy

Transfer requests 30 or more days before the workshop, will be charged a fee of \$150.
Transfer requests 29 or less days before the workshop, will be charged a fee of \$250.
No Show Policy (Hybrid)

Registrants who do not show up for their scheduled live hands-on workshop will have 3 calendar days to contact AIB to reschedule their missed live hands-on workshop. At that time, registrants have the option to reschedule to another date/location for the live hands-on workshop, and a \$250 fee will apply. Registrants who do not notify us within the 3 calendar days of their absence will forfeit the one day live hands-on component of the certification.

In-Person Workshops

Course Cancellation & Refund Policy

Cancellation requests must be submitted via the contact form on the AIB website.

Please note the cancellation windows below:

30 days or more before the workshop – Refund less \$150 processing fee
29 days or less before the workshop - 50% refund
14 days or less before the workshop - No refund

Course Transfer Policy

Transfer requests 30 or more days before the workshop, will be charged a fee of \$150.
Transfer requests 29 or less days before the workshop, will be charged a fee of \$250.
The transfer request must be made at least 14 days prior to the workshop date (via phone 727.398.5728 EXT 212 or support@dizzy.com)

No Show Policy

Registrants who do not show up for their scheduled in-person workshop will forfeit their in-person workshop and no refunds will be made.

Your Access to and Control Over Information

You may opt-out of any future contacts from us at any time. You can do the following at any time by contacting us via the email address or phone number given on our website:

- See what data we have about you if any.
- Change/correct any data we have about you.
- Have us delete any data we have about you.
- Express any concern you have about our use of your data.

Special Needs

The American Institute of Balance is committed to making our workshops accessible to individuals. If you have a disability or particular need and anticipate needing assistance while at the workshop, please contact us at 727-398-5728. Requests for reasonable accommodations at our workshops should be made as early as possible and in advance of the event so we can accommodate individual needs and requirements. Onsite requests will be accommodated to the best of our ability; however, available resources may be limited.

