

Vestibular Assessment & Management Certification

HYBRID

ONLINE + IN-PERSON





CEO & FOUNDER

Richard E Gans

Richard E Gans, PhD



VP OF EDUCATION

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Dear friends and colleagues

The American Institute of Balance (AIB) is a global healthcare company based in Tampa Bay, Florida. AIB is internationally recognized as the proven leader in the evaluation, treatment, and education of Vestibular and Equilibrium Science and Concussion Management. Since 1992, The American Institute of Balance has provided the worldwide healthcare community with the most current and scientifically robust clinical protocols and information through workshops, online, education, and corporate training programs.

To date, AIB has trained and certified over 15,000 practitioners worldwide. Our evaluation protocols and therapy programs are used by physicians, rehabilitation specialists, and audiologists worldwide.

As respected colleagues, you spoke, and we listened! We are excited to announce the launch of our new hybrid certification programs, incorporating both online and live education platforms to deliver a comprehensive, quality education experience. The content remains the same as the well-respected AIB live Certification Workshops, with less travel and time away from home and work required! This new platform allows the clinician the flexibility to complete the online portion of the course at a self-pace without the scheduling demand of a pre-determined, scheduled workshop. Our classroom is now available to you, anywhere in the world, at any time of the day!

AIB remains committed to you, our friends, and colleagues to provide an exceptional educational experience and to help you better serve your patients. We look forward to seeing you in the future!

COURSE DESCRIPTION

Vestibular Assessment and Management is AIB's most comprehensive program, consisting of a complete look at the dizzy patient's management both from a diagnostic and rehabilitation approach. Learn the full spectrum of care via evidence-based protocols and strategies designed to provide the clinician with the necessary tools to offer a more efficient and productive means of management for the chronic dizzy patient.

This combined **36.5 hour** course consists of **12 hours of self-paced online content**, followed by a three-day, **24.5 hour, live, hands-on course**.

After completing the online component, participants will have the option to attend the live, three-day hands-on clinical competency course. The live component consists of 2-days of Vestibular Assessment, focusing on the diagnostic test battery, followed by a one-day course focusing on bedside evaluation, Vestibular Rehabilitation protocols, and the evaluation and treatment of BPPV.



LEARNING OBJECTIVES

- Describe the specifics and respective applications of the VNG, VHIT, VEMP, and Rotary Chair.
- Recognize the preferred examination administration and protocols of each test.
- Compare the relative practical value of each test within a diagnostic efficiency and predictive value format.
- List the most effective and evidence-based management strategies based on test findings, including writing an accurate and concise Medical Report.
- 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 an 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

➔ Audiologists

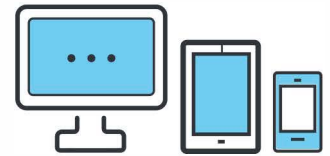
➔ Occupational Therapists

➔ Nurse Practitioners (NP)

➔ Physical Therapist

➔ Physicians (MD/DO)

➔ Physician Assistants (PA)



SYLLABUS

VESTIBULAR ASSESSMENT AND MANAGEMENT

START

VESTIBULAR REHABILITATION

to be completed prior to 3-day live course

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

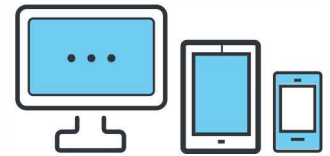
- Eye movements
 - Pendular Pursuit
 - Saccades
 - Optokinetic
 - Corrective Saccades
 - Nystagmus
- Vestibular Reflex systems
 - Vestibulo-ocular (VOR)
 - Vestibulo-collic (VCR)
 - Vestibulo-spinal (VSR)

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



SYLLABUS

VESTIBULAR ASSESSMENT AND MANAGEMENT

3 MODULE

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

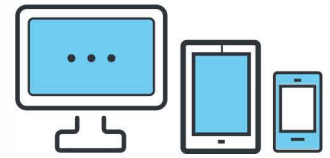
- Bedside gaze assessment
- Head Thrust/Impulse Test
- Dynamic Visual Acuity
- Post headshake nystagmus
- Optokinetic test
- Motion Sensitivity Index

4 MODULE

CERVICOGENIC CONSIDERATIONS

Evaluation – Cervicogenic Considerations

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



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VESTIBULAR ASSESSMENT AND MANAGEMENT

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 ASSESSMENT AND MANAGEMENT

START

VESTIBULAR ASSESSMENT

to be completed prior to 3-day live course

Day 1

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

- **Welcome and Introductions**
- **Review of Peripheral and Central Vestibular Systems**
 - Vestibular-Ocular Reflex (VOR)
 - Vestibulo-Collic Reflex (VCR)
 - Vestibulo-Spinal Reflex (VSR)
- **Overview of VNG Protocol**
 - Building the most sensitive test battery
- **Oculomotor Subtests**
 - Saccades
 - Smooth Pursuit
 - Optokinetics

● **Gaze Subtests**

Lunch (on your own)

Afternoon Session 1:00 PM – 6:00 PM (Break 3:30 – 3:45 PM)

- **High Frequency Headshake**
 - Seated
- **Positional Tests**
 - Supine
 - Head vs Body Positionals
 - Lateral Body High Frequency Head shake
- **Positioning Tests**
 - Traditional vs. fully-supported vs. side-lying
- **Calorics**
 - Administration
 - Interpretation
 - Cross-Check Principle



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VESTIBULAR ASSESSMENT AND MANAGEMENT

VESTIBULAR ASSESSMENT

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

- **Rotary Chair Testing**
 - Sinusoidal Harmonic Acceleration (SHA)
 - VOR Suppression
 - Velocity Step Rotation
- **Video Head Impulse Test (vHIT)**
 - Lateral
 - RALP
 - LARP
 - Interpretation & Considerations

Day 2

Lunch (on your own)

Afternoon Session 1:00 PM – 6:00 PM (Break 3:30 – 3:45 PM)

- **vHIT (continued)**
 - Lateral
 - RALP
 - LARP
 - Interpretation & Considerations
- **Vestibular Evoked Myogenic Potentials (VEMP)**
 - Cervical (cVEMP)
 - Ocular (oVEMP)
 - Clinical Applications
- **Integration of Test Findings**
 - Putting it all together: Case Studies



SYLLABUS

VESTIBULAR ASSESSMENT AND MANAGEMENT

VESTIBULAR REHABILITATION

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

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

Lunch (on your own)

Day 3



VESTIBULAR ASSESSMENT AND MANAGEMENT CERTIFICATION

Day 3

- **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.