

# “Dizziness” - level 1

## Vestibular Assessment, Treatment & Rehabilitation

A practical evidence-based introduction

**Alan Sealy**, BSc (Hons), Grad Dip Manipulative Physiotherapy, MCSP

### Tutor

Alan graduated from Sheffield Hallam University in 1996, where he also took his post graduate manipulative therapy qualification in 1999. With a background in manual therapy, Alan now works as a clinical Specialist in Vestibular Rehabilitation. Initially within the NHS, and as a partner in private practice in Sheffield, Alan developed an early interest in dizziness and balance disorders. Whilst on a lecture tour in Norway he was invited to establish ‘Balansekliviken’, in Oslo. As the Director of Rehabilitation in Scandinavia’s busiest balance clinic, he estimates that he has treated and helped over 4,000 dizzy patients. This considerable experience is utilized in research and educational courses throughout Scandinavia and the UK.

Now based in Aberdeen, his time is split between his private practice, lecturing and research.

### Course Description

This one day introductory course is suitable for practitioners (physiotherapists, osteopaths, chiropractors, doctors and other health professionals) with little or no previous experience of vestibular disorders wishing to learn how to successfully assess and treat the dizzy patient. The course is practical in nature, evidence based and fully referenced.

A mix of theory lectures and practical sessions make up the 7 hours of contact time.

Participants completing this course will gain a greater understanding of the anatomy, biomechanics, assessment and evidence-based treatment of this interesting and complicated subject.

On completion, the participants should be able to:

- Understand what we mean by dizziness and vertigo and how we balance
- Understand the scale of the problems associated with dizziness and recognise the need for vestibular assessment
- Recognise the common peripheral vestibular disorders and differentiate these from central nervous system pathology
- Incorporate a basic vestibular examination into their usual neuro-musculo-skeletal assessments.
- Plan appropriate rehab programmes based upon individual assessment and clinical reasoning.
- Diagnose and treat common variant positional vertigo (BPPV)
- Utilize the most appropriate outcome measures

**Fee:** £117.50 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual, and CPD certificate of attendance - 7.5hrs). *VAT INCREASE from January 1st 2010*

## Course Timetable

Time	Theory	Practical
09.00	<p>Introductions – course aims            What is vertigo?            Background / scale of problem</p>	Anatomy & physiology of vestibular system
10.30	Coffee	
10.45	<p>Common Vestibular pathologies (BPPV, neuritis, menieres)</p> <p>Vestibular Assessment (history, P/E, functional balance testing, ophthalmology, vestibular tests, posturography, VNS)</p>	<p>Practical vestibular Assessment (1)</p> <p>Basic Ophthalmology            Functional            Head impulse            Head shake</p> <p>Nystagmus video examples</p>
12.45	Lunch	Lunch
13.30	<p>Summary of AM</p> <p>Practical Vestibular Assessment (2)            Dix-Hallpike positional test;            Epley particle repositioning manoeuvre</p>	Vestibular rehabilitation exercise programmes
15.30	Coffee	Coffee
15.45	<p>Cervical vertigo, a form of 'compensated vertigo'?</p> <ul style="list-style-type: none"> <li>• Cervical proprioceptive / ischaemic vertigo</li> </ul>	Differentiation tests groupwork
16.15	<p>Application of rehabilitation principals</p> <p>Problem solving / Clinical reasoning approach using case studies</p>	Summary (10mins)
17.00	Close	

### *Session 1*

#### **An introduction to vertigo – a gentle wake-up!**

The vestibular system is introduced and we consider the problems posed by vertigo, dizziness and balance disorders. Real-life examples will be discussed, setting the physical symptoms within the psycho-social model. This section is fully referenced in order to support proposals to establish a vestibular rehabilitation service in your area.

#### **Anatomy & physiology of the vestibular system**

A tough session, but the better you understand how the vestibular system functions, the easier diagnosis becomes.

### *Session 2*

#### **Common vestibular pathologies**

We look at the most common vestibular disorders: BPPV, neuronitis, Meniere's, illustrated by case studies.

#### **Vestibular assessment – “every history tells a story”**

A detailed look at history taking, special questions, the physical examination and vestibular testing

#### **Practical: Vestibular examination (1) - “Look into my eyes”**

- Relevant cranial nerve and Ocular muscle testing
- Demonstration and practice of examination tests and procedures, easily incorporated within a standard neuro-musculo-skeletal examination.
- Diagnosis of some common vestibular disorders using nystagmus video-clip examples

### *Session 3*

#### **Summary from the morning sessions**

#### **Practical:- Vestibular examination 2, “The magic cure”**

- Demonstration and practice of the Dix-Hallpike positional vertigo test and the Epley particle re-positioning manoeuvre,
- We concentrate on the most common variant BPPV, posterior canaliathis, accounting for 90% of all BPPV

#### **Vestibular Rehabilitation (VR) exercise programmes**

- This section is fully referenced in order to convince health-care providers of the need for, and value of, VR.
- We learn how to prescribe relevant, specific and effective rehab programmes, based upon patient needs and clinical reasoning, rather than a recipe-based model.

### *Session 4*

#### **Cervical Dizziness**

- A fully referenced presentation & discussion on the importance of neck-related dizziness. There is as yet no consensus between the ENT medical & manual therapy worlds either on its role in dizziness or the mechanism behind the symptoms. The evidence is presented and a new model proposed to explain cervical dizziness as a form of 'compensated vertigo'.
- The evidence and 'best practice' behind Vertebro-Basilar-Insufficiency (VBI) testing

#### **Clinical differentiation tests**

- Vestibular / positional / cervicogenic / ischaemic,

### *Session 5*

#### **The application of vestibular rehabilitation programmes in practice**

- VR exercise prescription and demonstration, involving small group presentations
- Problem-solving approach, based upon real case-studies

#### **Summary:- the ‘10 minute vestibular examination’!**

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### Booking Form

Course \_\_\_\_\_ Course Date \_\_\_\_\_

Your Name \_\_\_\_\_ Course Fee £ \_\_\_\_\_

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Tel No (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Where did you hear about the course \_\_\_\_\_

Your profession \_\_\_\_\_

#### Terms & Conditions

1. Completion and the signing of this form creates a binding agreement to follow the course and pay the full fee.
2. Upon receipt of your application form and course fee you will be sent a letter confirming your place on the course and receipt of the course fee. If you are being funded to attend a course (see section below) the full course fee must be made at least 4 weeks prior to the course date.
3. A full refund, **less a £50 administration fee**, will be made if written cancellation is received in the HES Office **four weeks prior** to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
4. HES reserves the right to cancel the course if there are insufficient enrolments. If, in the unlikely event a tutor cannot attend the course, HES will endeavour to find a new date for the course to be held. HES will not be held responsible for any damages incurred as a result of course cancellation.
5. This form is correct at the time of printing, but is subject to alteration.

#### **Please complete the following:**

I agree to the conditions of enrolment and enclose a cheque for £ \_\_\_\_\_ as full fee made payable to Health Education Seminars Ltd for the course marked above.

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If you are to be funded to attend these courses, please enter the name and address of the person to whom INVOICES are to be sent.

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**Please return this completed application form with your full fee to:**

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# **“Dizziness” - level 1**

## **Vestibular Assessment, Treatment & Rehabilitation**

### **IN-HOUSE course**

If your clinic, hospital, PCT or local interest group have  
16 - 24 delegates who wish to attend the evidence based

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course, then it is possible to arrange an in-house course at  
your venue.

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in any part of the UK.

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