

“Challenging Dizziness” - level 2

Advanced level Vestibular Assessment, Treatment & Rehabilitation

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 ‘Balanseklirikken’, 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 advanced course is suitable for practitioners (physiotherapists, osteopaths, chiropractors, doctors and other health professionals) with some previous knowledge and experience of vestibular disorders.

The course is practical in nature, evidence based and fully referenced and is an up-to-date and in-depth look at treatment concepts and rehabilitation strategies for complex vertigo, dizziness and balance disorders

On completion, the participants will have:

- Developed their understanding of the pro-active, multi-factorial nature of the balance system,
- Reviewed the peripheral and central nervous system pathways involved in vestibular disorders
- Reviewed up to date ideas behind vestibular disorders, and more challenging forms of compensated vertigo (visual vertigo, cervical vertigo, phobic postural vertigo)
- In practice, learnt to diagnose and treat positional vertigo (BPPV), canaliathis and cupuloliathis variants, in the posterior, lateral and anterior semi-circular canals
- Planned appropriate rehab programmes based upon individual assessment and clinical reasoning.
- Practiced & progressed treatment interventions to the dysfunctional side, incorporating gaze, cervical manual therapy and functional exercise
- Learnt to integrate vestibular treatment & cervical manual therapy within a neuro-musculo-skeletal assessment, to optimally treat cervical dizziness

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</p> <p>The background to falls & balance disorders</p>	The physiology of balance
10.30	Coffee	
10.45	<p>Neural pathways involved in Vestibular disorders</p> <ul style="list-style-type: none"> • Posterior, lateral & anterior BPPV canaliathis & cupuloliathis • Vestibular asymetry • Central vestibular / cerebellar disorders <p>Nystagmus & eye movement neurology</p> <p>Vestibular Assessment – beyond the basics</p>	<p>Practical vestibular Assessment (1)</p> <p>Cranial nerve testing</p> <p>Tilts & ocular muscle tests</p> <p>Saccades & Smooth-Pursuits</p> <p>Dynamic Visual Accuity</p> <p>Rotating Chair</p> <p>'Head Thrust' Impulse test</p> <p>'Head shake' test</p> <p>Practical diagnosis from Nystagmus video examples</p>
12.45	Lunch	Lunch
13.30	<p>Summary of AM</p> <p>Practical Vestibular Assessment (2) BPPV</p> <ul style="list-style-type: none"> - positional tests (Dix-Hallpike, lateral, anterior canals); - particle repositioning manoeuvres (Epley, Semont, BBQ) - Home treatment protocols 	<p>Compensated vertigo</p> <ul style="list-style-type: none"> • Cervical vertigo • Visual vertigo • Phobic postural vertigo • Mal de Debarquement <p>Ischaemic vertigo</p> <p>Upper cervical instability discussion</p>
15.15	Coffee	Coffee
15.30	<p>Progressing Vestibular rehabilitation programmes</p> <p>Rehabilitation v. Treatment or both ?</p> <p>Stimulating the dysfunctional side practical</p>	<p>Differentiation tests groupwork</p> <p>Practise of VBI and upper cervical instability if necessary</p>
16.15	<p>Problem solving / Clinical reasoning</p> <p>- case studies of challenging conditions</p>	Summary (10mins)
17.00	Close	

Session 1

Falls and balance disorders – the hidden epidemic

A quick review of the scale of vestibular disorders, the implications and the costs. The link between vestibular disorders and falls-risk is highlighted.

The physiology of balance

A comprehensive and up-to-date summary of how we balance. We move away from old concepts of balance training and see balance as a complex pro-active system, dependent upon well functioning multi-sensory inputs and central nervous system sensory organisation. This, and the appropriate motor-output response, is then modulated by the context of task and environment, and by what we think and feel.

Session 2

Neural pathways of vestibular disorders

We look at what happens when things go wrong! Effective treatment depends upon identifying the location along the neural pathway of a disorder (eg. Canal, otolith, peripheral nerve, brain stem, cerebellum, cortex).

An introduction to nystagmus and the neurology of eye movements.

Understanding the neural pathway and recognising patterns of eye movements allows accurate diagnosis of vestibular disorders

Beyond the basics - Interpretation of specialised vestibular assessments.

Making sense of results from laboratory and clinic assessments is not always easy. We will focus on information which is of particular use in diagnosis & treatment. We consider Computerised Dynamic Posturography; Calorics; ENG / VNG and Subjective Visual Vertical (SVV)

Vestibular Assessment – Practical tests to use in your clinical examination

Easy to use assessment tools that integrate with your neuro-musculo-skeletal assessment. These are clinical tests to aid in diagnosis and use as measures of treatment effect.

Session 3

Summary from the morning sessions

Practical:- Vestibular examination 2, “Benign Positional Vertigo -The miracle cure”

- Demonstration and practice of positional vertigo tests for the posterior, lateral and anterior semi-circular canals,
- Interpretation of nystagmus patterns for canaliathis and cupuloliathis variants.
- Particle repositioning manoeuvres: Epley, Semont, BBQ, home regime

Cervical dizziness & ‘Compensated Vertigo’

- Patients often present without the classical signs of peripheral vestibular disorders. Headaches, unsteadiness, sensitivity to light & sounds are often typical of a ‘compensated vertigo’.
- We discuss vestibular compensation in detail and the links with cervical dizziness and visual vertigo. The evidence is presented and a new model proposed setting these conditions (along with phobic postural vertigo and Mal De Debarquement) within the context of a compensated vertigo.
- Vertebral-basilar Insufficiency and Ischaemic vertigo
- The evidence and ‘best practice’ behind upper cervical instability testing and Vertebro-Basilar-Insufficiency (VBI)

Session 4

Vestibular Rehabilitation (VR) exercise programmes – the art & the science

- This section is fully referenced in order to convince health-care providers of the need for, and value of, VR.
- Relevant, specific and effective rehab programmes, based upon patient needs and clinical reasoning, rather than recipe-based models.
- Exercise progression and practical rehab tips for specific conditions eg. Visual vertigo, phobic postural vertigo, Mal-de-debarquement, central vestibular disorders
- ‘Hemi-sphericity’ – exciting new ideas on stimulating the dysfunctional side
- ISQ ? – get the maximum treatment effect

Clinical differentiation tests

- Vestibular / positional / cervicogenic / ischaemic,

Session 5

Vestibular Rehabilitation Therapy (VRT) in practice

- Clinical reasoning exercises. Problem-solving in small groups, based upon challenging case-studies

Summary – Don’t miss the big picture !

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Challenging Dizziness

- level 2

Advanced 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 **“Challenging Dizziness”** - level 2 course, then it is possible to arrange an in-house course at your venue.

Please call or email today for full details.

Courses can be held at anytime of the week to suit your staff, in any part of the UK.

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