

Vestibular Rehabilitation including **Cervicogenic Dizziness 2-day course**

Tutor: Richard O'Hara MCSP, HPC, BSc, PgD

The cervical spine can cause symptoms of unsteadiness and imbalance. This **two-day** course provides a scientific rationale for the existence of cervicogenic dizziness. Its diagnosis is one of exclusion. Differentiation between vestibular, central neurological and musculoskeletal causes of dizziness is highly important when assessing and treating cervicogenic dizziness.

This updated, intense two-day course covers the essentials of clinical vestibular assessment and treatment. A strong emphasis is placed on differential diagnosis, clinical reasoning and treatment selection. Delegates will be taught to identify signs and symptoms that indicate central/sinister pathology. The rehabilitation techniques included in the course have a strong evidence base. The techniques are not confined to cervicogenic dizziness. The course provides a scientific rationale for the existence and treatment of dizziness arising from the neck

The course is suitable for physiotherapists, osteopaths and chiropractors with no experience of dizzy patients or those wishing to consolidate existing skills.

Aims

By the end of the course delegates should be able to:

- 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 VOR (dynamic visual acuity, infrared video analysis and head thrust test)
- Clinically evaluate different types of nystagmus (central vs peripheral)
- 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)
- Understand the potential for and clinical significance of cervicogenic dizziness
- Devise, evaluate and progress a patient-specific exercise-based rehabilitation programme

Venue: **NCORE Training Room**
Level 3, Junction 3
London Road Community Hospital
London Road
Derby
DE1 2QY

Date: **WEDS 3rd & THURS 4th JULY 2019**

CPD Certificate of Attendance Awarded – 15hrs

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NCORE Training Room

London Road Community Hospital

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Richard O'Hara is a Chartered Physiotherapist currently practicing Vestibular Rehabilitation. He has gained certification from Susan Herdmann's world renowned intensive competency based vestibular rehabilitation course in Atlanta and also from Rob Landel's competency based cervicogenic dizziness course in Los Angeles. He has spent time in clinic with audiological physicians treating dizziness and is the clinical lead for vestibular rehabilitation in the Hywel Dda Health Board (UK). He is currently carrying out a UK Government funded Vestibular Rehabilitation Clinical Trial. He has worked closely with ENT consultants accepting referrals from them and from GPs. His private clinic accepts self-referrals from patients with dizziness.

Day 1 Timetable:

- 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**
- 14:30-15:30 Gait and balance examination**
- 15:30-16:00 Vertebrobasillar insufficiency/brainstem stroke**

Day 2 Timetable:

- 09:00-10:00 BPPV theory and demonstration (anterior and posterior canal)**
- 10:00-10:15 Coffee**
- 10:15-11:45 BPPV Practical (anterior and posterior canal)**
- 11:45-12:00 BPPV theory and demonstration (horizontal canal)**
- 12:00-12:30 BPPV Practical (horizontal canal)**
- 12:30-13:00 Lunch**
- 13:00-13:30 BPPV Practical (Tests)**
- 13:30-15:00 Vestibular rehabilitation techniques**
- 15:00-16:00 Case studies**

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Directions - please visit link for map and further information

London Road Community Hospital is located in the city of Derby, close to all the city's main amenities. The Hospital can be reached from the A52 and the M1 junction 25. Derby train station is within walking distance.

<http://www.derbyhospitals.nhs.uk/about/how-to-find-us/finding-the-london-road-community-hospital/>

Refreshments: will be provided

Catering outlets: League of Friends opposite the lifts on Level 3, Bistro Restaurant Level 2, just after lifts

Parking: Should you be traveling by car there are car park facilities.

