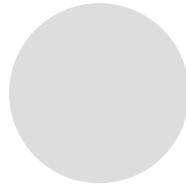


January 11, 2025

## EM365: Tinnitus Dizziness and Vestibular Rehabilitation



ALAN SEALY

---

### Day 1 objectives

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, particularly in the elderly.
- 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

### Day 2 objectives

On completion, the participants will have:

- Developed their understanding of the pro-active, multi-factorial nature of the balance system,
- Reviewed the central nervous system pathways involved in central and peripheral vestibular disorders
- Reviewed up to date ideas behind more challenging forms of compensated vertigo (vestibular migraine, visual vertigo, cervical vertigo, phobic postural vertigo, PPPD)
- In practice, learnt to diagnose and treat atypical 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.
- Learnt to integrate vestibular treatment & cervical manual therapy within a neuro-musculo-skeletal assessment, to optimally treat cervical dizziness.
- Practiced & progressed treatment interventions to the dysfunctional side, incorporating gaze, cervical manual therapy and functional exercises.



**30 Seats**



**€440.00**



**16 Hours**



**21,5 ECM**

**INTENDED FOR**

Doctors and  
Physiotherapist

**PAYMENTS**

Deposit €220.00 within 7  
days from the  
registration

Balance €220.00 by date  
January 3, 2025

**Total: €440.00**

**CALENDAR**

11-12 January 2025

**LANGUAGE**

English with Italian  
consecutive translation

Place: EduMed Srl - Via della Badia, 18 - Brescia 25127

## SCHEDULE

Day 1

10900- Introductions – course aims      Anatomy & physiology of peripheral vestibular system

1015

What is vertigo?

Background / scale of problem

Coffee

21030- Common Vestibular pathologies Vestibular Assessment

1230

- BPPV
- Vestibular neuronitis,
- Menieres,

(history, P/E, functional balance testing, ophthalmology, vestibular tests, posturography, VNS)

Nystagmus Video examples

Lunch

31300- Summary of am  
1445

Practical Vestibular Assessment (2)

Practical vestibular Assessment (1)

- Cranial nerve testing
- Tilts & ocular muscle tests
- Saccades & Smooth-Pursuits
- Dynamic Visual Acuity
- 'Head Thrust' Impulse test
- 'Head shake' test

Dix-Hallpike positional test;  
Epley particle repositioning manoeuvre  
Semont manoeuvre

Coffee

41500- Vestibular rehabilitation exercise Problem solving / Clinical reasoning approach using case studies  
1615 programmes

- Application

51615- Summary (10 mins)  
1630

Day 2

10900- Balance & multisensory interaction  
1030

Central Vestibular Neurological pathways

Neurology of eye movements.

Coffee

21045- Practical vestibular Assessment – beyond the  
1245 basics

Cervical vertigo

Central vestibular disorders

Cervical / ischaemic / BPPV / vestibular  
differentiation

Making sense of the tests -

Assessment of central & peripheral vestibular  
disorders

Practical diagnosis from Nystagmus video  
examples

Lunch

31330-  
1515

Atypical BPPV

- Lateral, Anterior SSC
- Cupulolithiasis

Practical Vestibular Assessment (2) BPPV

- positional tests (Dix-Hallpike, lateral, anterior canals);

- particle repositioning manoeuvres (Epley, Semont, BBQ)

Advanced Vestibular Rehabilitation

'Compensated' Vertigo

- PPPD
- Cervical vertigo,
- Visual vertigo
- Phobic postural vertigo
- Mal de Debarquement

Coffee

41530-  
1615

Stimulating the dysfunctional side practical

Case study discussions

Clinical reasoning & problem solving

Summary & Review of aims

51615-  
1700