



Vestibular Rehabilitation (Revised Course Dates)

23, 26, 30 Nov & 1, 14 Dec 2021

Introduction

This course aims to introduce physiotherapists to the assessment and treatment of dizziness and balance problems resulting from vestibular disorders. Participants will be able to differentiate between central and peripheral vestibular disorders, treat those who are suitable and refer those who are not to appropriate specialists. It begins with a discussion of normal postural control mechanisms and how dysfunctions in these mechanisms lead to complaints of dizziness, vertigo, imbalance, gait disturbances and falls. Clinical tests of balance and vestibular function, including positional testing, and the significance of abnormal findings, will be demonstrated, and practiced.

Course Objectives

- 1) Outline the anatomy and physiology of the vestibular system.
- 2) Describe the possible causes of dizziness/vertigo and imbalance
- 3) Differentiate between central, peripheral and other causes of dizziness/vertigo, including benign paroxysmal positional vertigo (BPPV), vestibular neuritis and cervicogenic dizziness.
- 4) Describe typical laboratory-based tests of vestibular and hearing function and interpret common findings. These include calorics and hearing tests.
- 5) Perform a basic bedside evaluation of a patient with dizziness/vertigo. These include oculomotor and positional tests, with and without the use of frenzel lenses.
- 6) Form a basic evaluation of balance under varying sensory conditions and interpret the findings.
- 7) Develop an evidence-based treatment program for balance and dizziness, including BPPV, with measurable, functional outcomes from assessment findings

Course Outline

- 1) Anatomy and physiology of the vestibular system
- 2) Common vestibular disorders and differential diagnosis
- 3) Vestibular Function Tests
- 4) Elements of a vestibular assessment including in acute settings
Oculomotor examination
- 5) Benign paroxysmal positional vertigo management
(Cupulolithiasis and canalithiasis)
- 6) Assessment of gait and balance
- 7) Exercises used in Vestibular Rehabilitation

Target Audience

- Physiotherapists
- Other medical professionals may participate, however, preference will be given to physiotherapists

Quick Links

[FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

Course Details

Date & Time	: 23 Nov 2021, 2.15 pm – 5.15 pm 26 Nov 2021, 1.00 pm – 5.00 pm 30 Nov 2021, 2.00 pm – 5.00 pm 1 Dec 2021, 1.45 pm – 5.15 pm 14 Dec 2021, 2.45 pm – 5.15 pm
Duration	: 16 hours
Class Size	: 25 pax
Device required	: Laptop/Desktop (with microphone, speaker, webcam)
Platform	: Zoom Cloud Meetings
Fee	: S\$ 450 (SingHealth staff/ SPA Member) S\$ 500 (Regular) (inclusive of 7% GST) With VCF Funding* : S\$ 350 (Singaporean/PR) S\$ 425 (Foreigner)

**For NCSS member SSAs and MSF-funded SSAs only. Should PGAHI's reimbursement with NCSS be unsuccessful, the balance of course fees will be billed to the participant's organisation.*

Faculty

Singapore General Hospital

Department of Physiotherapy

Dr Dawn Tan, Senior Principal Physiotherapist
Grace Koh, Senior Physiotherapist
Low Ley Fang, Senior Physiotherapist

Department of Otorhinolaryngology – Head & Neck Surgery

Dr Chan Yew Meng, Senior Consultant
Dr Brenda Sim, Associate Consultant
Dr Joyce Tang, Associate Consultant

Ear, Nose & Throat Centre

Ong Chun Suan, Senior Audiologist

National Neuroscience Institute

Department of Neurology

Dr Yip Chun Wai, Senior Consultant

Registration

To register, scan the QR code or click on the web link.
Registration closes on **2 November 2021, Tuesday**.



<https://form.gov.sg/612ca858c6ae9a0012e4c752>

Upon registration, you agree to PGAHI [Terms & Conditions](#).