



Vestibular Rehabilitation

23 Nov & 13 Dec 2022

(Self-directed Learning available from 9 Nov 2022)

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 patients, 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 patient complaints of dizziness, vertigo, loss of balance, difficulty walking and falls. Clinical tests of balance and vestibular function, including positional testing, and the significance of abnormal findings, will be demonstrated, and practiced. This course comprises self-directed lectures, face-to face practical sessions and team-based learning with case studies.

Course Objectives

- 1) Discuss 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) Elements of a Vestibular Assessment including in Acute Settings
- 4) BPPV: Pathophysiology and Efficacy of Treatment - (PC/AC Management); Epley's Manoeuvre
- 5) HC BPPV/ HC Canal Manoeuvres – Cupulolithiasis and Canalithiasis
- 6) Oculomotor Examination
- 7) Assessment of Gait and Balance
- 8) Vestibular Function Tests: Hearing Test, Calorics, VEMPS, VNG & VBT
- 9) Exercises used in Vestibular Rehabilitation and Progression of Treatment

Target Audience

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

Course Details

- Date & Time : **Classroom**
23 Nov 2022 | 1.00 pm – 5.00 pm
(Venue: Therapy Skills Training Lab, Academia Level 1, 20 College Road, S169856)
- Online** (via Zoom Cloud Meetings)
13 Dec 2022 | 1.30 pm – 5.00 pm
- Self –directed learning will be made available from 9 Nov 2022 to 8 Jan 2023**
- Duration : **18 hours** (inclusive of 10.5 hours of self-directed learning)
- Class Size : **20 pax**
- Device : **Laptop/Desktop for Zoom sessions** (with microphone, speaker, webcam)
- Fee : **S\$ 680** (SingHealth staff/ SPA Member)
S\$ 750 (Regular)
(inclusive of 7% GST)

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, Principal Audiologist

National Neuroscience Institute

Department of Neurology

Dr Yip Chun Wai, Senior Consultant

Registration

To register (internet access required), scan the QR code or click on the link. Registration closes on **2 Nov 2022, Wednesday**.



<https://form.gov.sg/631ed85f214e700011fe295b>

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

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