

## Vestibular Rehabilitation

**18 Oct & 1 Nov 2023**

**(Self-directed learning required from 1 Oct 2023)**

### Introduction

This course introduces physiotherapists to the evaluation and management of balance symptoms caused by vestibular disorders. Participants will learn to distinguish between central and peripheral vestibular patients, as well as determine if physiotherapy treatment or referral to medical specialists are appropriate.

The course covers the fundamentals of postural control mechanisms and their role in patient symptoms. Practical demonstrations will be conducted to familiarize participants with clinical tests assessing balance and vestibular function.

The course consists of self-paced recorded lectures, classroom practical sessions and collaborative learning through 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

### Quick Links

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

### Course Details

Date & Time : **Practical Session: Classroom**  
**18 Oct 2023 (Wed) | 1.00 pm – 5.00 pm**  
(Venue: Therapy Skills Training Lab, Academia Level 1, 20 College Road, S169856)

**Case Study: Zoom Session**  
**1 Nov 2023 (Wed) | 1.30 pm – 5.00 pm**  
(Zoom Login details will be provided later)

**Self-directed learning will be made available from 1 Oct 2023 to 31 Nov 2023**

Duration : **18 hours** (inclusive of 10.5 hours of self-directed learning)

Class Size : **20 pax**

Device : **Laptop/Desktop for Zoom sessions** (with required microphone, speaker, webcam)

Fee : **S\$ 810** (SingHealth staff/ SPA Member)  
**S\$ 900** (Regular)  
*(inclusive of prevailing rate of GST)*

### Faculty

#### Singapore General Hospital

##### **Department of Physiotherapy**

Dr Dawn Tan, Senior Principal Physiotherapist  
Grace Koh, Principal Physiotherapist  
Low Ley Fang, Physiotherapist  
Ruth Chua, 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, scan the QR code or click on the link. Registration closes on **27 Sep 2023 (Wednesday)**.



<https://form.gov.sg/64c85bd6f13925001276e8e7>

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