

Vestibular Rehabilitation Course

- A Manual Therapy and Exercise-Based Approach

About the course

Dizziness and balance problems account for 10% of all physician visits and dizziness is the number one reason for physician visits by people over the age of 65. Although dizziness can be due to a variety of causes, a large percentage originates from the vestibular system, a part of the inner ear and the brain that helps control balance and eye movements.

The etiology of vestibular dysfunction encompasses biomechanical problems, viral/bacterial infections, ototoxicity, and trauma (whiplash/concussion).

Vestibular rehabilitation is an exercise based and manual therapy approach to relieve the symptoms associated with peripheral vestibular and CNS dysfunctions.

Clinicians in both hospital and private practice settings can assess and treat patients effectively. Treating vestibular disorders with exercise is not a new phenomenon, however it is only in the last few years that physiotherapists have become increasingly interested in treating this common and frequently complicated patient population. More recently the importance of vestibular rehab in concussion management has been identified.

This course is a comprehensive, evidence-based course that incorporates assessment, differential diagnosis and treatment techniques. A USB flash drive with assessment forms, exercise programs and more is included.

About the Instructor: Bernard Tonks, BScPT FCAMT



Bernard is a Physiotherapist who graduated from the University of Toronto in 1986. He has extensive experience in neurological rehab and orthopaedics. Since 1993, he has worked in private practice and in 1997 became a Fellow of the Canadian Academy of Manipulative Therapists.

He has completed numerous courses in Vestibular Rehabilitation and in 2001, completed a competency based certification course in Atlanta, Georgia. He has been treating clients with vestibular dysfunctions since 1995. Since 2000, he has instructed courses in vestibular rehabilitation throughout Canada as well as internationally.

Course Details:

Date: July 1st - 2nd, 2017 (Sat & Sun)

Time: 9:00am to 5:00pm

Venue: PhysioOne Centre

Rua de Ferreira do Amaral,
11-E, Macau

Maximum number of participants: 20

Language of instruction: English

Eligibility requirement:

This workshop is open to physiotherapists and occupational therapists.

Course Fee: MOP/HKD 3,300

Light refreshments will be provided.

Lunch is on your own.

Course Content:

- ◇ General anatomy of the vestibular system
- ◇ Pathophysiology of vestibular disorders
 - Etiology
 - Signs & symptoms of unilateral vestibular lesions (UVL), bilateral vestibular lesions (BVL), and benign paroxysmal positional vertigo (BPPV)
- ◇ Differential diagnosis of the dizzy patient
 - Cervicogenic dizziness
 - Whiplash & the dizzy patient
 - Vestibular rehab and concussion management
- ◇ Critical Elements of clinical examination:
 - Oculomotor exam
 - Motion sensitivity testing
 - Balance and gait assessment
- ◇ BPPV assessment and treatment
- ◇ Treatment of UVL and BVL
- ◇ Case studies, practical time, videos

Application Method and Period:

Please email the completed registration form to info@physio1macau.com before March 17, 2017. If the number of applicants exceeds the maximum number of 20, a ballot will be used to determine enrollment. Successful applicants will be contacted by email on March 20, 2017 with payment information.

ENROLMENT FORM

Vestibular Rehabilitation Course - A Manual Therapy and Exercise-Based Approach

Personal Particulars

Name in English: _____ (Surname First) (This is the name that will appear on the certificate)

Name in Chinese: _____ Gender: Male Female

Phone No.: _____ Occupation/Profession: _____

Email: _____

Workplace: _____ Date: _____

Please email completed form to info@physio1macao.com

Cancellation policy:

Once payment is received, no refund is given unless the available spot is filled from a waiting list. We reserve the right to cancel the course due to low enrolment or inclement weather. Full refund will be given in such circumstances.

Enquiries:

Please contact the course coordinator: Wendy Chan wendy@physio1macao.com