



Vestibular Rehabilitation Course **(Accredited by UAE University)**

Date : 20-21 Nov. 09

Venue : Dubai

Introduction

VERTIGO is one of the most common symptoms that a patient with an inner ear problem complains off. Benign Paroxysmal Positional Vertigo (BPPV) is the most common problem referred to or seen in ENT department. Physical manoeuvres for treating BPPV are the best conservative treatment available. Differentiating between different causes of vertigo and selecting the best approach is the key of effectiveness in treating any vertigo case.

This course is designed to provide physiotherapists with the most appropriate methods of evaluation and treatment of BPPV, unilateral (UVH) and bilateral vestibular hypofunction (BVH). An interesting discussion will follow for cervical vertigo.

Objectives:

At the end of this course participants are expected to able to:

1. Obtain appropriate subjective and objective assessment of vertigo.
2. Differentiate between different causes of vertigo.
3. Identify theories behind causes and treatment of BPPV, UVH, BVH and cervical vertigo.

Course Instructor: Dr. Redha Dashti, PT, DPT, MSc

Dr Redha Dashti is a graduate from Kuwait university with BSc PT in 1992, MSC PT (Neuro rehab specialist) from IHP-MGH Boston USA in 1997 and DPT form St. Augustine university Florida USA in 2007. He is chief deputy of physical therapy department of salmaniya medical complex (SMC) -Bahrain , head of neuro - rehab in SMC and Head of the Allied Health licensure committee (Ministry of Health). He is a part time senior lecturer and clinical instructor in AL-Ahlia University since 2004. He has 17 years of experience as a physiotherapist..Recently He has invented a new device called Vertigo Free Device to treat patients with BPPV.. Dr Dashti has conducted more than 25 workshops internationally in the past 10 years.

First Day

Session 1

Session one will be divided into three sections. Section One includes a specific review of anatomy and physiology of the vestibular system. This review will be the base for understanding the role of the vestibular system in controlling the Posture. Section two will include differential diagnosis scheme. This scheme is a hind for the therapist to

understand and to be aware of multiple systems involvement in vertigo or dizziness. It starts with differentiating between dizziness and vertigo and ended with differentiating between different diseases causing postural imbalance. In section three we will discuss BPPV in detail. BPPV will be defined and different causes, mechanism of occurrence and theories of treatment will be explored. At the end of this session we will demonstrate different physiotherapy techniques in treating BPPV. These techniques include Brandt-Daroff, Semont, Epley and Habituation manoeuvres.

Second Day

Session 1

Session two will include a definition, causes and treatment of the Vestibular Hypofunction disorders. A detailed description of the techniques used in treating unilateral Vestibular Hypofunction (UVH) and Bilateral Vestibular Hypofunction (BVH). The most popular physiotherapy two techniques; Adaptation and Compensation will be discussed in detail. At the end of the session a demonstration of the two techniques will be applied.

Session 2

This session will be exclusively practical session. Participants will be divided into groups. Each group will be asked to demonstrate and practice techniques used in treating BPPV, UVH and BVH.

<u>Vestibular Rehabilitation Outline</u>	
Day One	
9:00 - 10:15	Anatomy and Physiology of Vestibular System. Role of the Vestibular system in Postural Control.
10:15 -10:30	BREAK
10:30-12:00	Vestibular System Disorders. Differential Diagnosis BPPV
12:00 -1:30	BREAK
1:30 - 2:30	BPPV (practical -demonstration)
2:30-2:45	BREAK
2:45-4:30	Treatment techniques (application by participants).
Day Two	
9:00 - 10:00	Lecture (Unilateral and Bilateral Vestibular Hypofunctio)
10:00 -11:00	Lecture (Treatment Techniques)
11:00 -11:15	BREAK
11:15 - 12:15	Practical Session (demonstration)
12: 15 -1: 45	BREAK
01:45 - 4:30	Practical session (application by participants) Case discussion.