

Programma NVMT post conference course: The Dizzy Brain

Module 1: 10.00–11.30

Neuroanatomy and Physiology of the Vestibular System and Common Pathologies

The Vestibular System

- The components of the peripheral and central vestibular systems
- The vestibular reflexes

The Major Functions of the Vestibular System

- Symptoms associated with vestibular dysfunction

Vestibular Causes of Dizziness After Concussion

- BPPV
- Otolith injury
- Third window syndrome
- Oculomotor issues
- Gaze stability impairment
- Central positional vertigo
- Visual motion sensitivity
- Secondary anxiety and depression

Module 2: Vestibular Assessment 11.30–13.00

Subjective Assessment

- Characterizing dizziness
- Auditory symptoms
- Self-reported outcome measures

Objective Assessment

- Oculomotor screening
- Vestibular tests
- Peripheral vs. central nystagmus
- Indications for referral to neuro-optometrist, neurologist, and ENT

Lunch 13.00–13.45

Module 3: Infrared Video Goggles Testing (Video-Oculography)

Infrared Video Goggles 13.45 –14.45

- How to apply the Vestibular First infrared video goggles
- Tests that can be performed in infrared video goggles
- Using the visual fixation light

Module 4: Vestibular Rehabilitation 14.45-16.00

- Goals of vestibular rehabilitation
- The process of vestibular compensation
- The principle of vestibular decompensation

Vestibular Rehabilitation Treatment Approaches

- Gaze stabilization/VOR adaptation
- Optokinetic/Visual motion training
- VOR cancellation
- Habituation
- Balance and gait
- Surface orientation
- Physical conditioning
- Canalith repositioning maneuvers