



# Foundations of Vestibular Rehabilitation:

## A CERTIFICATE PROGRAM



## Course Description

This hybrid course provides a strong foundation in the vestibular system, its functions, and related disorders. It is designed for healthcare professionals—including audiologists, physical therapists, occupational therapists, and physicians—seeking to enhance their skills in evaluating and managing vestibular conditions.

The Certificate Program is divided into two sections, both of which must be taken to earn certificate status:

1. The online portion delivers core knowledge through lectures, case studies, and interactive modules, allowing participants to learn at their own pace.
2. The in-person intensive then focuses on hands-on practice, with guided labs, demonstrations, and supervised skill application.

*\* note that each section is purchased separately*

By course completion, participants will progress from novice to competent clinician, equipped with the knowledge and practical skills to assess and treat vestibular disorders. Graduates receive a Certificate of Competency in Vestibular Rehabilitation, verifying their proficiency in this specialty area, and they will be invited to list VRC (which stands for "Vestibular Rehab Certified") after their name to indicate this designation. Learn more at [v1st.co/edu-faq](http://v1st.co/edu-faq).

## Course Delivery

The first 6 modules will be completed as online courses with self-paced learning including interactive modules and assessments. Upon completion participants can register for a regional in person skills session taught by one of Vestibular First's experts.

## Course Assessment

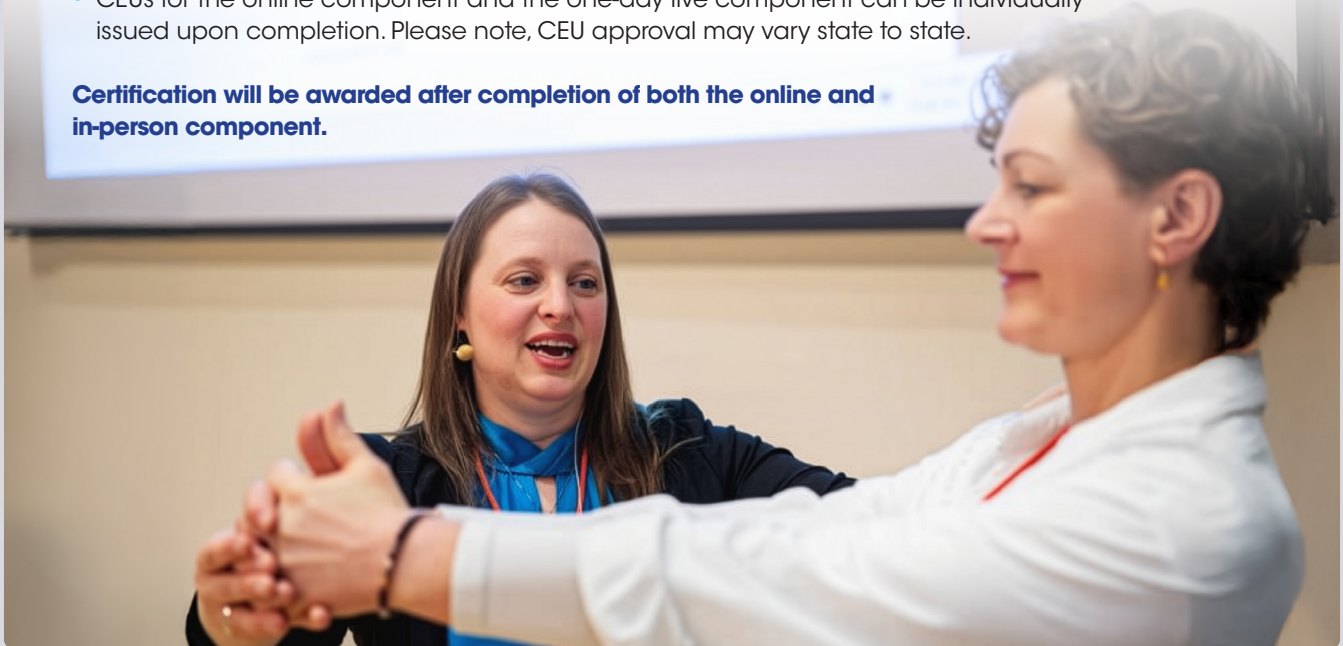
Participants will be assessed through a combination of methods, including:

- **Quizzes and assignments:** To assess knowledge and understanding of course content.
- **Practical assessments:** To evaluate clinical skills and competency.
- **Final examination:** A comprehensive assessment of overall knowledge and skills.

## Contact Hours

- **Online Content:** 9.5 hours
- **Hands-On Intensive In-Person Lab:** 8 hours
- CEUs for the online component and the one-day live component can be individually issued upon completion. Please note, CEU approval may vary state to state.

**Certification will be awarded after completion of both the online and in-person component.**



## Curriculum Objectives

Upon completion of this curriculum, participants will be able to:

- Describe the anatomy and physiology of the vestibular system.
- Explain the mechanisms underlying various vestibular disorders.
- Perform a basic vestibular assessment, including appropriate tests and measures.
- Interpret test results and develop accurate diagnoses.
- Design and implement effective treatment plans for individuals with vestibular disorders.
- Educate patients and their families about vestibular disorders and their management.

## Course Instructors

The course is taught by a team of experienced clinicians and researchers with expertise in the field of vestibular disorders.

## Registration and Fees

For information about registration, fees, and upcoming course dates, please visit **Education.VestibularFirst.com**

We look forward to welcoming you to our Vestibular Curriculum and supporting your professional development in this important area of healthcare.





# Vestibular Rehab: Online Modules

## Course Content

The course is divided into several modules, each covering a specific aspect of the vestibular system and related disorders. The modules are designed to be interactive and engaging, with a combination of lectures, case studies, knowledge check, and many video examples.



### Vestibular System Anatomy and Physiology

- Overview of the vestibular system
- Anatomy and physiology of the inner ear
- Vestibular pathways and central processing
- The role of the vestibular system in balance and spatial orientation
- Contact Hours: 1



### Introduction to Eye Movement and Nystagmus

- Overview of the nystagmus with emphasis on the 6 characteristics of eye movements
- Learn to name various nystagmus patterns and identify rare eye movements
- Contact Hours: 1.5



### Vestibular Assessment

- Patient history and interview
- Clinical examination techniques
- Oculomotor Exam and bedside vestibular examination
- Balance Tests and Measures
- Vestibular function tests
- Interpretation of test results
- Specialists and role in vestibular disorders
- Contact Hours: 1.5



# Vestibular Rehab: Online Modules

Module  
**4**

## Differential Diagnosis of Vestibular Disorders

- Peripheral vestibular disorders
- Central vestibular disorders
- Other conditions affecting the vestibular system
- Contact Hours: 2

Module  
**5**

## BPPV

- Overview of BPPV
- Examination of and treatment of the most common types of BPPV
- Assessment via Dix Hallpike Test, Supine Roll Test, and Supine Head Hang
- Treatment via Modified Epley, Semont, Supine head hang, Gufoni, KuCRM and more
- Contact Hours: 2

Module  
**6**

## Treatment of Vestibular Disorders

- Vestibular rehabilitation therapy
- Medical and surgical interventions
- Referral Pathways
- Contact Hours: 1.5



# Vestibular Rehab: A Hands-On Intensive

## Schedule

8:00am-9:00am

### Welcome and Review

9:00am-10:30am

### Oculomotor Examination and Assessment of Peripheral Vestibular Dysfunction

- Ocular alignment/test of skew
- Spontaneous Nystagmus
- Ocular ROM
- Smooth Pursuits
- Gaze Evoked Nystagmus
- Saccades
- VOR Cancellation
- Vergence
- Head Impulse Test
- Headshake Nystagmus
- Skull Induced Vibration Test
- Dynamic Visual Acuity

10:30am-12:00pm

### BPPV Assessment and Treatment

- Dix-Hallpike
- Supine Roll Test
- Supine head hang
- Modified Epley
- Semont
- Gufoni
- Kim CuRM

12:00pm-1:00pm

### Lunch

1:00pm-1:45pm

### Static and Dynamic Balance

- mCSTIB
- FGA
- Five Times Sit to Stand Test

1:45pm-2:30pm

### Interventions

- Gaze stabilization
  - VORx1, VORx2, active eye-head movements between targets, remembered target
- Postural control and balance training
- Visual and self-motion habituation

2:30pm-5:00pm

### Independent Review and Skills Competency



# Vestibular Rehab: A Hands-On Intensive

## Course Instructors



### **Helena Esmonde, PT, DPT, NCS**

- Certificate of Competency in Vestibular Rehab from Emory University
- Neurologic Clinical Specialist since 2018
- Provides vestibular and neuro patient care at Advance Physical and Aquatic Therapy in Broomall, PA
- Teaches at Harcum College, St. Joseph University, and Arcadia University



### **Sara Oxborough, PT, DPT**

- Certificate of Competency in Vestibular Rehab from Emory University
- Adjunct faculty at the University of Minnesota Doctorate of Physical Therapy Program, as well as Augustana University.
- Currently practices at the ENT Department at M Health Fairview, in Minneapolis, MN
- Has taught vestibular continuing education courses locally, nationally, and internationally



### **Jennifer Stokus, PT, DPT, AVPT, NCS**

- Certificate of Competency in Vestibular Rehab from Emory University and University of Pittsburgh
- Contributed to multiple ANPT Vestibular EDGE Task Force projects and is pursuing her PhD at Seton Hall University
- Board-certified neurologic clinical specialist and advanced vestibular physical therapist with over 15 years in outpatient practice



# Continuing Education Course

## Cancellation Policy

Effective Date:8/22/25

### Online Courses

Customers may cancel their participation from an online activity if a written request is made within 30 days of purchase and the course has not been started. The registration fee paid, minus a 25% administrative fee (up to \$75 per online activity), will be refunded.

### In-Person Course

All cancellations for continuing education events must be submitted in writing via mail or email. For cancellations received 30 days before the course date, the course fee will be returned, less a \$100 administrative fee. Within 14 days of the course, no refunds will be made

### Right to Cancel or Postpone a Course

Vestibular First reserves the right to cancel or postpone any in person or live course due to unforeseen circumstances. In the unlikely event that Vestibular First must cancel or postpone this course, the registration fee will be fully refunded. Vestibular First is not responsible for any related costs, charges or expenses to participants, including fees assessed by airline, travel or lodging agencies.

## FAQ



Learn more about our  
frequently asked questions at  
[v1st.co/edu-faq](https://v1st.co/edu-faq)