VestibularFirst

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