



Vestibular Courses

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# Vestibular Rehabilitation

**A 2 Day Introductory Vestibular Course**

PD Credit Points = 16 hours

**Natalie Rando-Orr & Leia Barnes**

**20<sup>th</sup> & 21<sup>st</sup> March, 2021**

**Cairns Hospital**



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### Vestibular Rehabilitation An Introductory Course

**Presenters:            Natalie Rando-Orr BPhy; MPhty (Neuro)**

**Leia Barnes            BPhy; Grad Dip (Neuro Rehab)**

**Leia Barnes** is a Consultant Vestibular Physiotherapist and APA Titled Neurological Physiotherapist. She has been working in the field of vestibular physiotherapy for 16 years and splits her professional time between Logan Hospital, Vestibular Courses, Vestibular Education Australia and Advanced Vestibular Clinics. At Logan Hospital Leia functions as Consultant Vestibular Physiotherapist and Clinical Team Leader, running primary contact vestibular clinics and supervising a team of advanced, senior and HP3 level vestibular physiotherapists. In the last two years, her team has secured over one million dollars in public health funding to pioneer a novel state-wide emergent vertigo advisory service, titled “Dial-a-Dizzy” and Logan Hospital’s “Complex Vestibular Service”. In 2011 she established the private vestibular clinic, Back in Balance Vestibular Physiotherapy and in 2021, Leia moved to a consultant role at Advanced Vestibular Clinics. Leia has been invited to speak at multiple state and national conferences and regularly teaches into university programs at Bond University and Australian Catholic University. Leia completed her Bachelor of Physiotherapy at the University of Queensland in 2005 and Graduate Diploma of Neurological Rehabilitation at the University of Western Australia in 2012. Leia is a current Executive Member of the Queensland Vestibular Network. Leia can be contacted at [leia.barnes@health.qf.gov.au](mailto:leia.barnes@health.qf.gov.au)

**Natalie Rando-Orr** focusses her clinical and teaching skills in the fields of Neurological and Vestibular physiotherapy. With over 20 years experience, Natalie currently splits her professional time between Bond University, Advanced Vestibular Clinics, Vestibular Courses and Vestibular Education Australia. She holds a Masters in Neurological Physiotherapy, has completed advanced training in the area of vestibular rehabilitation and regularly attends both national and international conferences related to vestibular dysfunction. Natalie previously held the position of Assistant Director of Physiotherapy (Rehabilitation) at the Gold Coast University Hospital (2004- 2012), where she instigated and managed the physiotherapy service for Vestibular Clients. For the last 7 years, Natalie has enjoyed private practice and is now a managing director of Advanced Vestibular Clinics. Since 2005, Natalie has delivered curriculum related to vestibular dysfunction at various universities including graduate-entry level at Bond University, Griffith University, and University of Queensland, as well as conducting post-graduate level training throughout Australia. Natalie currently holds the position of Assistant Professor of Physiotherapy (Neurology) at Bond University and is an APA Titled Neurological Physiotherapist. Natalie can be contacted at [nrando@bond.edu.au](mailto:nrando@bond.edu.au)



## Vestibular Courses

### Vestibular Rehabilitation An Introductory 2 Day Workshop

Saturday 20<sup>th</sup> March, 2021

#### SESSION 1

7.45 – 8.00: **Registration**

8.00 – 10.15: **Introduction / Course Objectives**

**The Vestibular System – Anatomy & Physiology**

- Vestibular anatomy and physiology
- Central vestibular pathways and reflexes

**Introduction to Common Peripheral Vestibular System Disorders**

- Key features of common vestibular pathologies
  - o BPPV, Vestibular Neuritis/Labyrinthitis, Meniere's Disease, Endolymphatic and Perilymphatic Fistula, Bilateral Vestibular Hypofunction, Acoustic Neuroma (vestibular schwannoma)

10.15 – 10.30: *Morning Tea*

#### SESSION 2

10.30 – 12.30: **Bedside Vestibular Assessment and Audiology Interpretation**

Overview of key subjective and objective assessments

- o Introduction to Manual
- o Common history findings
- o Oculomotor examination and vestibular nystagmus
- o VOR testing

12.30 – 1.00: *Lunch*

1.00 – 3.00: **Practicum 1: Oculomotor and VOR Examination**

**Bedside Assessment and Differential Diagnosis continued**

- o Positional testing
- o Pressure testing
- o Balance and gait assessment
- o MDT in Vestibular Rehabilitation
- o Audiology testing

SESSION 3
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3.00 – 3.15: *Afternoon Tea*

3.15 – 5.00: **Unilateral Vestibular Pathologies: Recovery Mechanisms and Implications for Treatment**

- Anatomical, physiological and functional deficits associated with unilateral vestibular loss
- Adopting Motor Learning principles to Vestibular Compensation

**Vestibular and Balance Rehabilitation**

- VOR Adaptation
- Habituation
  - Self-Motion
  - Visual Induced Dizziness
- Substitution
- Balance and postural control
- VBRT for bilateral vestibular hypofunction



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**Sunday 21<sup>st</sup> March, 2021**

## SESSION 1

8.30 – 10.30: **Pathophysiology of Benign Paroxysmal Positional Vertigo (BPPV)**

- Anatomical review of semicircular canals
- Cupulolithiasis vs canalithiasis
- BPPV Nystagmus
- Infrared video recordings of BPPV nystagmus

10.30 – 10.45: *Morning Tea*

10.45 – 11.45: **Assessment and Management of BPPV**

- Key subjective findings
- Determining which canal using positional assessment
- Treatments for Posterior Semicircular Canal BPPV
- Introduction to horizontal and anterior canal BPPV

## SESSION 2

11.45 – 1.00: **Practicum 2: PSCC, ASCC & HSCC BPPV techniques**

1.00 – 1.30: *Lunch*

## SESSION 3

1.30 – 3.15: **Introduction to Central Vestibular Disorders**

- Vascular lesions
- Migraine associated dizziness

### **Non-Vestibular Disorders**

- Persistent Postural Perceptual Dizziness (PPPD)

3.15-3.30: *Afternoon Tea*

## SESSION 4

3.30 – 5.00: **Practicum 3: Case Examples**

Questions