

Course fee: \$525.00
(Plus HST \$68.25)

Total course fee: \$593.25

Register early as spaces are limited. This course is open to all health care disciplines

For further information contact
Bernard Tonks
<http://www.vestibular-rehab.com>

Registration form
[Course registration form](#)

Introductory Vestibular Rehabilitation

UHN Altum Health
Toronto Western Hospital
399 Bathurst Street
Krembil Discovery Tower
4th Floor Room 503
(Enter at corner of Nassau and Leonard Streets)

Toronto, ON

Saturday March 9th

8:30 am to 4:30 pm

Sunday March 10th

8:30 am to 4:30 pm

Intro Vestibular
Rehabilitation
Course



Toronto
Ontario

March 9 & 10,
2019

Instructor
Bernard Tonks
BScPT FCAMT

Instructor

Bernard Tonks

Bernard is a Physiotherapist who graduated from the University of Toronto in 1986. He has extensive experience in neurological rehab and orthopaedics. Since 1993, he has worked in private practice and in 1997 became a Fellow of the Canadian Academy of Manipulative Therapists.

He has completed numerous courses in Vestibular Rehabilitation and in 2001, completed a competency based certification course in Atlanta, Georgia. He has been treating clients with vestibular dysfunctions since 1995. Since 2000, he has instructed courses in vestibular rehabilitation throughout Canada as well as internationally.

Dizziness and balance problems account for 10% of all physician visits and dizziness is the number one reason for physician visits by people over the age of 65. Although dizziness can be due to a variety of causes, a large percentage originates from the vestibular system, a part of the inner ear and the brain that helps control balance and eye movements.

The etiology of vestibular dysfunction encompasses biomechanical problems, viral/bacterial infections, ototoxicity, and trauma (whiplash/concussion).

Vestibular rehabilitation is an exercise based and manual therapy approach to relieve the symptoms associated with peripheral vestibular and CNS dysfunctions.

Clinicians in both hospital and private practice settings can assess and treat patients effectively. Treating vestibular disorders with exercise is not a new phenomenon, however it is only in the last few years that physiotherapists have become increasingly interested in treating this common and frequently complicated patient population.

More recently the importance of vestibular rehab in concussion management has been identified.

Vestibular rehabilitation incorporates evidence-based assessment and treatment techniques.

The Introductory Vestibular Rehab course is a comprehensive, evidence based introductory course. A USB flash drive with assessment forms, exercise programs and more is included.

Course Content:

- General anatomy of the vestibular system
- Pathophysiology of vestibular disorders
 - Etiology
 - Signs & symptoms of unilateral vestibular lesions (UVL), bilateral vestibular lesions (BVL), and benign paroxysmal positional vertigo (BPPV)
- Differential diagnosis of the dizzy patient
 - Cervicogenic dizziness
 - Whiplash & the dizzy patient
 - Vestibular rehab and concussion management
- Critical Elements of the clinical examination:
 - Oculomotor exam
 - Motion sensitivity testing
 - Balance and gait assessment
- BPPV assessment and treatment
- Treatment of UVL and BVL
- Case studies, practical time, videos

