



**THE ACADEMY OF VESTIBULAR  
REHABILITATION**

***FOUNDATIONS OF VESTIBULAR  
REHABILITATION***

*A comprehensive clinical approach for positive functional  
outcomes*

**Presented by**

**Associate Professor Margie H Sharpe PhD  
Accredited Vestibular Physiotherapist**

© Sharpe MH January 2004

# ABOUT THE FACULTY

## Associate Professor Margie H Sharpe PhD

Professor Margie Sharpe PhD is a senior clinical research scientist and clinical consultant. Dr Sharpe graduated with a Doctor of Philosophy in Psychophysiology from the School of Medicine, The Flinders University of South Australia in 1987, the first in her field to gain this academic accolade.

She is the pioneer of Vestibular rehabilitation in Australia and the first accredited Vestibular physiotherapist in this country gaining national publicity for Vestibular rehabilitation on *A Current Affair* and the *ABC radio* with Phillip Satchel in 2003.

Professor Sharpe has been working in the field of Vestibular rehabilitation and balance disorders since 1989, integrating progressive resistance and endurance training, and fall phobia into her clinical paradigms, in response to research findings and clinical practice in the Northern hemisphere, in particular the United States. She has given and continues to do so, numerous keynote addresses, lectures, seminars and short courses related to vestibular disability, Vestibular rehabilitation and exercise (progressive resistance training) for the older person in Australia and overseas to medical and allied health professionals.

With foresight, and a strong commitment to objective and reliable measurement of physiological phenomena she developed the Sharpe Sway Test over ten years ago. This test is a widely used clinical balance tool that measures the sensory systems and intersensory conflict.

In 1993, in response to community need, Professor Sharpe established the Dizziness & Balance Disorders Centre, the first physiotherapy private practice of its kind in Australia. She is the Director of this Centre, which is located in Adelaide and Sydney.

Professor Sharpe is involved in collaborative research with several international vestibular clinical research laboratories and recently spent her sabbatical leave at the Johns Hopkins and Emory Universities working in the field of clinical vestibular science.

She has a keen interest in ageing issues, is the Vice-President of the Australian Association of Gerontology (SA/NT Division) and by invitation the Convener and lecturer for Exercise in an Ageing Population, Post-Graduate Applied Gerontology Programme, and Centre for Ageing Studies, The Flinders University of South Australia.

## **WHY YOU SHOULD ATTEND THIS COURSE**

This course is offered to all practising physiotherapists in any field of physiotherapy (e.g. sports physiotherapy, gerontology, manual therapy, orthopaedic physiotherapy) who seek to enhance and/or extend their understanding and management of the vertiginous and dizzy patient. Previous clinical experience or continuing education in the treatment and management of patients with vestibular dysfunction is not essential, although helpful.

It is a full-time four-day course with an extensive practicum component designed to provide the therapist with relevant clinical and theoretical knowledge of the vestibular system in health and disease, and evaluation and treatment strategies, and procedures for patients with acute and chronic vestibular dysfunction.

A multiple-choice self-assessment will be given at the end of the course.

All participants attending the course will receive a Certificate of Attendance upon successful completion of the course.

## **COURSE OBJECTIVES**

On completion of this course, the participant will be able to:

- Identify the peripheral and central anatomical structures of the vestibular system.
- Understand the neurophysiological functions of the peripheral and central vestibular system, and their clinical significance.
- Understand pharmacotherapy used in the symptomatic treatment of vertigo.
- Understand the adaptive and compensatory mechanisms of the vestibular system.
- Recognize the clinical significance of diagnostic tests - electronystagmography, caloric, audiometry, rotary chair and posturography.
- Understand the neurophysiological rationale and therapeutic implications for vestibular rehabilitation.
- Recognize and differentiate common vestibular disorders.
- Evaluate the dizzy patient – history and bedside examination.
- Perform a bedside neuro-otological examination.
- Interpret the findings of the neuro-otological examination.
- Recognise typical patterns of nystagmus and explain their clinical significance.
- Conduct and apply the appropriate therapeutic exercises/strategies and procedures to patients with peripheral and central vestibular disorders.

## **COURSE CURRICULUM**

### **DAY ONE**

#### **FRIDAY 12 MARCH 2004**

- 8.30am Registration
- 9.00am Introduction - Myth versus Reality
- 9.15am Vestibular function: An overview - vestibular receptor specialization, classification of vestibular reflexes, force transduction of the hair cell, organization of central vestibular pathways and abnormal labyrinthine function.
- 10.30am Break
- 11.15am Vestibular function: An overview (continued).
- 12.00 Lunch
- 1.00pm The peripheral vestibular system: The ear and the vestibular labyrinth.
- 3.00pm Break
- 3.15pm The central vestibular system: The vestibular nuclei, vestibulo-ocular reflexes, and vestibulo-ocular reflex interaction with other systems, vestibulo-spinal reflexes, and subjective vestibular sensation.
- 5.15pm Close

**DAY TWO****SATURDAY 13 MARCH 2004**

- 8.30am Laboratory examination of the vestibular system - diagnostic tests
- Electronystagmography
  - Caloric
  - Audiometry
  - Rotary chair
  - Posturography (dynamic and static)
- 9.30am Break
- 9.45am Diagnosis and management of common neuro-otologic disorders – infectious, toxic and vascular disorders, endolymphatic hydrops, head trauma, whiplash injuries, cervical vertigo and benign paroxysmal positioning vertigo.
- 12.00 Lunch
- 1.00pm Pharmacotherapy for the symptomatic treatment of vertigo.
- 2.00pm Evaluation of the dizzy patient: History and bedside examination, including patient demonstrations and videotape recordings.
- 3.00pm Break
- 3.15pm Evaluation of the dizzy patient: History and beside examination (continued).
- 5.00pm Close

## **DAY THREE**

### **SUNDAY 14 MARCH 2004**

- 8.30am Vestibular rehabilitation: the physiological rationale for vestibular rehabilitation therapy.
- 9.30am Break
- 9.45am Practicum for history and bedside examination, interpretation of findings, treatment plan, goal setting, including patient demonstrations and videotape recordings.
- 12 noon Lunch
- 1.00pm Practicum for Vestibular rehabilitation strategies (including treatment progression) for unilateral, bilateral and central vestibular lesions with patient demonstrations and videotape recordings.
- 3.15pm Break
- 3.30pm Practicum for Vestibular rehabilitation strategies (continued).
- 5.00pm Close

## **DAY FOUR**

### **MONDAY 15 MARCH 2004**

- 8.30am Practicum for Benign paroxysmal positioning vertigo. Diagnosis and treatment (including patient demonstrations and videotape recordings).
- 9.30am Break
- 9.45am Practicum for Benign paroxysmal positioning vertigo (continued).
- 1.00pm Lunch
- 2.00pm Case studies in small groups
- 4.00pm Summary
- 5.00pm Close



## **REGISTRATION FORM**

### **FOUNDATIONS OF VESTIBULAR REHABILITATION**

**REGISTRATION FEE: \$A1550.00**

**Make cheques payable to the Academy of Vestibular Rehabilitation  
PO Box 400 North Adelaide SA 5006**

NAME

---

FACILITY (hospital, private practice, community organisation etc)

---

ADDRESS

(Business)

---

---

State \_\_\_\_\_ Post code \_\_\_\_\_

Phone(Business) \_\_\_\_\_ Fax(Business) \_\_\_\_\_

Email(Business) \_\_\_\_\_

**All cancellations must be submitted in writing and received by 5 March 2004. Refunds less the administration fee of \$A150.00 will be provided until 5 March 2004. No refunds will be issued if cancelled after 5 March 2004.**

**The Academy of Vestibular Rehabilitation reserves the right to cancel the course and will not be responsible for any charges incurred by the registrant due to cancellation.**

**A full course tuition refund will be issued if The Academy of Vestibular Rehabilitation cancels the course.**

**The Academy of Vestibular Rehabilitation will not be responsible for any participant expenses other than a course tuition refund for course cancellations due to conditions beyond its control, such as weather, acts of God, war, riots, illness, industrial action etc.**

**I declare that I have read and understand the conditions.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name