

Dizziness (COURSE-03)
Pre-congress course
Time: 9:00 – 17:30
Date: Saturday 1 July 2017
Location: Stellenbosch, Table View PT Room
Level of learning: Introductory
Fee: USD 280 (also available to purchase for ZAR 3,640)

Chair/speaker



Reid, Sue
Australia

Speaker



Thomas, Lucy
Australia

**DIZZINESS: CERVICOGENIC DIZZINESS, VBI AND DIFFERENTIAL DIAGNOSIS.
ASSESSMENT AND TREATMENT**

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Learning objectives

1. To be able to understand the different types and causes of dizziness such as Benign Paroxysmal Positional Vertigo (BPPV), cervicogenic dizziness, VBI, migraine, cardiovascular dizziness etc. and how they differ.
2. To be able to identify and treat a person with cervicogenic dizziness.
3. To be able to differentially diagnose VBI, and red flag conditions such as cervical arterial dissection, and then to perform a screening examination covering VBI, domains of balance, co-ordination and cranial which might be undertaken prior to treatment of the cervical spine.

Description

This workshop will include

Review dizziness and its classification, types and causes

Section A: Cervicogenic dizziness

- What is cervicogenic dizziness and how do we identify it?

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- Case studies
- The patient interview. Establishing type of dizziness is unsteadiness and not rotatory dizziness, presence of neck dysfunction and that the dizziness is triggered by neck movements.
- The physical evaluation to determine if the dizziness is coming from the neck , includes Dix-Hallpike manoeuvre to identify BPPV.
- Treatment. SNAGs, Self-SNAGs, passive joint mobilization, multi-modal. Treatment of BPPV.

Section B: VBI and cervical arterial dissection

- Screening for VBI and red flag conditions- pathophysiology, historical features and physical screening
- Differential diagnosis of cervical arterial dissection- recognition of risk factors and early clinical presentation.
- Physical screening for cervical arterial dissection

Implications / Conclusions

This course will provide participants with a broad overview of the safety aspects of managing cervical spine conditions and succinct screening protocols to differentially diagnose cervicogenic dizziness, VBI and red flag conditions. The course will improve participant's confidence with recognising more serious pathologies and refine their skills in basic screening practices. It will also enable them to more confidently undertake treatment of patients presenting with conditions such as cervicogenic dizziness and the more simple vestibular conditions amenable to physiotherapy management.

Keywords

1. Dizziness
2. Cervical spine
3. Vertebrobasilar insufficiency

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- Mulligan Concept Teachers Association
- The University of Newcastle
- Australian Catholic University
- Stroke Foundation Australia
- The University of Queensland

Target audience

This course targets all physiotherapists treating neck pain or dizziness. It is an essential course for safe practise for early career thru to experienced clinicians.

Timetable

Session times	Description of content	Format	Presenter
09:00 start-9.15	Introduction		Lucy Thomas
9.15-9.45	Review of dizziness and its classification, Cervicogenic Dizziness, dizziness post concussion	Lecture	Sue Reid
9.45-11.00	Assessment: Patient Interview, physical evaluation of cervical spine, assessment of BPPV	Demonstration and practise	Sue Reid
11:00-11:30	Break		
11.30-12.00	Assessment of oculomotor system and cervical proprioception	Demonstration and practise	Sue Reid
12.00-13.00	Treatment of cervicogenic dizziness, vestibular problems (BPPV) and post-concussion syndrome	Demonstration and practise	Sue Reid
13:00-14:00,	Lunch		
14.00-14.30	Safety concerns in the cervical spine	Seminar	Lucy Thomas
14.30-15.00	Recognition of red flags, VBI and CAD	Lecture	Lucy Thomas
15.00-15.30	Differential diagnosis of CAD	Lecture	Lucy Thomas
15:30-16:00	Break		
16.00-17.30	Differential diagnosis of CAD, VBI and other causes	Discussion, demonstration and practise	Lucy Thomas
17:30	Finish		