

Course 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 an extensive 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 affect 40 percent of people over the age of 40 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).

Vestibular rehabilitation is an exercise-based and manual therapy approach to relieve the symptoms associated with peripheral vestibular pathology. 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 interested in treating this common and complicated patient population. Vestibular rehabilitation incorporates evidence-based assessment and treatment techniques.

Location

Date: June 12 & 13, 2010.

Times: - Registration 8:00 am Sat. Jun. 12th
- Course times: Saturday and Sunday
~ 8.30 am – 4:30 pm.

Place: McMaster University
Institute of Applied Health Sciences
(IAHS) Room 405

Directions:

From Toronto:

- Take the 403 to Hamilton
- Exit at Main Street West
- Turn west (left) at the lights onto Main St.
- Turn right into the main entrance for McMaster University which has traffic lights
- Turn left into the parking area next to the hospital, then left past the psychology building. The IAHS building is the second on your left. Continue to the lot behind the school (Zone 3)

From Brantford:

- Take the 403 to Hamilton
- Exit at Aberdeen St.
- Turn left on Longwood
- Turn left on Main St. West
- Follow above directions

Education Committee Hamilton District of OPA

Presents:

Vestibular Rehabilitation – A practical approach

June 12 &13, 2010

McMaster University
Institute of Applied Health Science
(IAHS)
Hamilton, Ontario

**This course is open to PTs, OTs and MDs
only.**

Course Description

Website: www.vestibular-rehab.com

This will be a 2 day course focusing on the evaluation and treatment of patients with peripheral vestibular disorders.

Course Content:

- General anatomy of the vestibular system
- Pathophysiology of vestibular disorders:
 - etiology
 - signs and 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 and the dizzy patient
- 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 and practical time

General Information

Tax receipts and course certificates will be distributed at the completion of the seminar.

Course Format: Hands on interactive session with some lecture format. Registrants are advised to dress appropriately and are encouraged to bring note-taking materials.

Registration Deadline May 31st, 2010.

CPA Members: \$385.00
Non-CPA Members: \$425.00

Includes course materials and refreshments at breaks.

Cancellation Policy

No refunds will be given unless a suitable replacement can be found and a \$20.00 administration fee will be charged. The course may be cancelled and full refunds given if there is insufficient registration or inclement weather.

Acceptance to the course will be confirmed by email or phone and by cashing of cheques.

This course is open to PTs, OTs and MDs only.

Registration Form

Name:

Address:

Phone Number:

Email:

CPA#:

Registration is limited to participants and is on a first come first served basis. Post-dated cheques will not be accepted.

Make cheques payable to:

**Education Committee Hamilton
District O.P.A.**

Please mail to:

Bashir Versi
50 Charlton Avenue East
St Joseph's Healthcare Hamilton
Physiotherapy Department,
Bishop Dowling wing, level 0
Hamilton, ON. L8N 4A6

In case of further questions please contact:

Bashir Versi:

Email: bversi@stjoes.ca or

Phone: 905 522 1155 ext 33355