

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 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 frequently complicated patient population. Vestibular rehabilitation incorporates evidence-based assessment and treatment techniques.

A 2 day course focusing on the evaluation and treatment of patients with peripheral vestibular disorders.

Vestibular Rehabilitation A Practical Approach

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
- Concussions
- Treatment of UVL and BVL
- Case studies and practical time

VESTIBULAR REHABILITATION

A Practical Approach

**Vancouver
British Columbia**



**February 14th & 15th
2014**

Instructor

**Bernard Tonks
BScPT FCAMT**

GENERAL INFORMATION

**Times: Friday February 14th
12:30 pm – 8:30 pm**

**Saturday February 15th
8:30 am – 4:30 pm**

**Location: Back in Motion Clinic
#208 – 333 East Broadway
Vancouver, BC
V5T 3M2**

Fee: \$400.00

**** Take both this course and either
Concussion Management course
on February 16th or 22nd for \$650**

**Registration Deadline:
February 7th, 2014**

Register early as spaces are limited.
This course is open to PTs, OTs and
MDs only.

**Send cheque payable to:
Dizziness & Balance Rehab Clinic
903 Progress Place
Victoria, BC
V9B 0M3**

**For further information contact:
Bernard Tonks**

**Email: bernard_tonks@vestibular-rehab.com
Website: www.vestibular-rehab.com**

Registration Form for: February 14 to 15, 2014 Back in Motion Vancouver, BC	Vestibular Rehabilitation – A Practical Approach <u>Send Cheque payable to:</u> Dizziness & Balance Rehabilitation Clinic 903 Progress Place Victoria, BC V9B 0M3
NAME:	
EMAIL: *Registration Confirmation will be via email unless you indicate otherwise	
ADDRESS:	
PHONE: (H)	(W)
<u>Cancellation Policy:</u> No refunds within 3 days prior to the start date of the course. A \$50.00 fee will be applied to all cancellations.	