

## Course Description

This course is intended for physical therapists with experience managing patients with dizziness whom wish to improve their skill in differential diagnosis, manual examination and treatment of those patients whose dizziness has a cervicogenic component. The emphasis of this course will be on evidence-based practice, acquiring examination and treatment skills in lab sessions, and testing for competency in these skills.

Participants should have a working knowledge of central and peripheral vestibular disorders and the ability to begin to differentiate their various presentations since this course will focus on the cervical aspects of dizzy complaints. Pre-assigned readings will familiarize the participant with the relevant literature, allowing the majority of time and emphasis to be on practicing motor skills.

The course begins on Friday evening with a discussion of the evidence regarding the existence and presentation of cervicogenic dizziness. Saturday morning will begin with a written examination. Lab sessions on Saturday and Sunday will allow practice of examination and intervention skills. Each day will conclude with a practical exam. Participants who pass all exams (>75% score) will receive a certificate of achievement. Therapists will be able to immediately apply acquired skills in the clinical setting.

**Level: Intermediate**

**Audience: Physical Therapists**

SKILL WORKS  
2900 Greenbrier Rd.  
Long Beach, CA 90815  
*Address Correction Required*

## Cervicogenic Dizziness: An Evidence-based Competency Course

**Rob Landel, PT, DPT, OCS, FAPTA**

offered as part of the  
**Vestibular Rehabilitation  
Competency Course**  
series

**Friday - (PM)  
Saturday  
Sunday**



**Spaulding  
Rehabilitation  
Hospital Cape  
Cod  
East Sandwich, MA  
Oct 18-20, 2019**

Sponsored by:



Emory University



# Course Information

**Rob Landel, PT, DPT, OCS, FAPTA** has been treating vestibular patients for nearly 15 years, at USC Physical Therapy Associates, the faculty practice he founded in 1989. He has taught orthopedic physical therapy, vestibular rehabilitation, balance retraining, and fall prevention to physicians and physical therapists across the US, Europe, Asia and Australia. He has presented at professional meetings locally, nationally and internationally. He is on the faculty of the Vestibular Rehabilitation Competency Course series sponsored by Emory University and the APTA, directed by Susan Herdman, PT, PhD. He is an associate professor of clinical physical therapy in the Department of Biokinesiology and Physical Therapy at the University of Southern California. A graduate of USC in 1984 with a master's degree, he earned his OCS in 1992, and his DPT degree in 1996.

*Instructors will be added as necessary to insure a high student to teacher lab ratio.*

**Objectives:** The participant will be able to:

1. Discuss the literature relevant to the etiology, diagnosis and management of cervicogenic dizziness.
2. Recognize and differentiate the causes and clinical presentation of cervicogenic dizziness.
3. Determine when referral to another health care provider is warranted.

## Course Schedule

Friday (breaks given am/pm)	
<b>4:45</b>	Registration- <b>start time differs per course</b>
<b>5:00-9:00</b>	Lecture: Cervicogenic Dizziness: the evidence, the controversy. Differential diagnosis of cervicogenic dizziness History: Identification of red flags
Saturday	
<b>8:00</b>	Review: Central and Peripheral Vestibular Examination
<b>9:15</b>	Physical Examination of the C-spine <ul style="list-style-type: none"> <li>• Upper cervical hypermobility</li> <li>• AROM: hypothesizing location of movement restrictions</li> <li>• VBI vs. BPPV</li> </ul>
<b>12:00</b>	Lunch (OYO)
<b>1:00</b>	• Passive movement testing
<b>4:00</b>	Practice time
<b>5:00</b>	Written Test on Readings –Friday lecture
<b>5:30-7:30</b>	Competency testing: Physical Exam
Sunday	
<b>8:00</b>	Manual intervention <ul style="list-style-type: none"> <li>• Joint mobilization</li> <li>• Soft tissue intervention</li> <li>• Traction</li> </ul> Exercise intervention & Home program
<b>12:00</b>	Practice time 2 and Lunch (OYO)
<b>1:00-4:00</b>	Competency testing: Intervention

### Approved for 2.0CEU's

4. Perform a physical examination of the cervical spine relevant to cervicogenic dizziness, and interpret the results.
5. Design, perform and teach an appropriate intervention program to address the deficiencies identified in a person with cervicogenic dizziness.
6. Perform manual interventions to the cervical spine that are appropriate for cervicogenic dizziness.

## Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

APTA No: \_\_\_\_\_

### Registration Fee Check payable to Skill Works

\_\_\_\_ APTA Member \$595 \_\_\_\_\_

\_\_\_\_ Non - APTA Member \$695 \_\_\_\_\_

\_\_\_\_ \_\_\_\_\_

\_\_\_\_ \_\_\_\_\_

**Total Enclosed:** \$ \_\_\_\_\_

**Cancellation Policy:** A full refund less a \$25 fee if cancellations made 3 weeks before the course. If made less than 3 weeks before the course, a \$100 fee will be charged. Notice of cancellation must be received in writing. All fees will be refunded if the instructor cancels the course, however no other expenses incurred by registered participants will be refunded.

### Locations:

\_\_\_\_ Spaulding Rehab Hospital Cape Cod, 311 Service Rd, East Sandwich, MA 02537

**CONTACT: JANA LANDEL**

2900 Greenbrier Rd.

Long Beach, CA 90815

Phone: 562.822.0912

Email: janalandel@yahoo.com

www.skillworks.biz