

# Vestibular Rehabilitation:

## Evaluation and Management of Individuals with Dizziness and Balance Disorders

Richard Clendaniel, PT, Ph.D., FAPTA

### Faculty

Richard Clendaniel, PT, PhD, FAPTA is an assistant professor in the Department of Orthopedic Surgery, Doctor of Physical Therapy Division, and in the Department of Head & Neck Surgery and Communication Sciences at the Duke University School of Medicine. He received his MS in Physical Therapy and Ph.D. in Behavioral Neuroscience from the University of Alabama at Birmingham and completed a post-doctoral fellowship in neuro-otology with Susan Herdman, PhD, PT. He previously served as director of the Vestibular Rehabilitation program at Johns Hopkins University School of Medicine, Department of Otolaryngology - Head and Neck Surgery. He is on the medical advisory board for the Vestibular Disorders Association (VEDA) and on the board of directors for the American Balance Society. Dr. Clendaniel maintains an active practice treating patients with vestibular disorders and dizziness. His research is in the assessment of the vestibular system and the plasticity of the vestibular system following injury.

Disclosure - Financial: Richard Clendaniel receives an honorarium from ERI for this course and royalties as a book editor for Vestibular Rehabilitation, 4th edition, Herdman & Clendaniel. Non-Financial: He has no non-financial relationships to disclose.

### About this In-Person Course

Symptoms of “dizziness” are the number 3 reason individuals over the age of 65 seek medical attention. It becomes the number 1 reason for seeking care in individuals over the age of 70. Medical or surgical management is often not indicated or helpful, but many of these individuals do benefit from vestibular rehabilitation techniques. In addition, 50% of the individuals over the age of 65 with dizziness will develop a form of vertigo that can be alleviated with one simple therapy treatment. These individuals with vertigo and dysequilibrium represent a large patient population for physical and occupational therapy. This course will focus on the assessment and treatment of patients with vertigo and disequilibrium from vestibular causes. Specific emphasis will be placed on the assessment and treatment of unilateral and bilateral vestibular hypofunction, benign paroxysmal positioning vertigo, central vestibular disorders, and multisensory dizziness. This information is applicable to a large patient population including geriatric patients as well as individuals with CNS lesions such as multiple sclerosis, CVA, and head injury.

### Objectives

- Identify the normal anatomy and physiology of the vestibular system
- Identify the impact of a vestibular lesion on normal function
- Identify the eye movements which are indicative of peripheral vestibular hypofunction including direction fixed horizontal nystagmus, head shaking induced nystagmus, abnormal head thrust test
- Identify the eye movements which are indicative of central vestibular disorders including direction changing nystagmus, vertical nystagmus, impaired VOR cancellation, saccadic pursuit, hypometric, hypermetric, or slowed saccades
- Identify the eye movements which are indicative of posterior, anterior and horizontal canal BPPV (canalithiasis and cupulolithiasis)
- Differentiate between unilateral vestibular hypofunction, bilateral vestibular hypofunction, BPPV, Meniere’s disease, motion provoked dizziness based, and non-vestibular causes of dizziness based on the patient’s presenting history and symptoms.
- Differentiate between unilateral vestibular hypofunction, bilateral vestibular hypofunction, BPPV, Meniere’s disease, motion provoked dizziness, central vestibular disorders and non-vestibular causes of dizziness based on the patient’s clinical examination.
- Apply the history and clinical exam results to determine an appropriate, evidence-based treatment strategy for an individual with a vestibular disorder.

Help your patients achieve better outcomes.

## Schedule – Day 1 8:40 am – 5:30 pm PST (US)

|              |                                                                                                                                                                                                                                                                                                                                                                         |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:40–9:00    | Course Registration Opens                                                                                                                                                                                                                                                                                                                                               |
| 9:00–9:30    | Demographics of Dizziness and Vestibular Disorders                                                                                                                                                                                                                                                                                                                      |
| 9:30–11:30   | Vestibular Anatomy & Physiology<br>(includes 15-minute break)                                                                                                                                                                                                                                                                                                           |
| 11:30–12:30  | Impact of Lesions on Normal Function                                                                                                                                                                                                                                                                                                                                    |
| 12:30 – 1:30 | Lunch                                                                                                                                                                                                                                                                                                                                                                   |
| 1:30–5:30    | History & Clinical Exam <ul style="list-style-type: none"> <li>a) Lecture /Demonstration               <ul style="list-style-type: none"> <li>• Oculomotor exam</li> <li>• Balance exam (static and dynamic)</li> <li>• Functional assessment</li> </ul> </li> <li>b) Practice</li> <li>c) Identification of normal and abnormal eye movements (video cases)</li> </ul> |

## Audience

Designed for PTs, PTAs, OTs, and OTAs.

## Schedule – Day 2 7:40 am – 4:00 pm PST (US)

|              |                                                                                                                                                                                                                                                                                  |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:40–8:00    | Course Registration Opens                                                                                                                                                                                                                                                        |
| 8:00–9:00    | Treatment: From Assessment to Treatment <ul style="list-style-type: none"> <li>a) Treatment rationale</li> <li>b) Potential and time course for recovery</li> </ul>                                                                                                              |
| 9:00–12:30   | Treatment Strategies: Lecture /<br>Demonstration / Practice <ul style="list-style-type: none"> <li>a) Patients with incomplete lesions</li> <li>b) Patients with complete lesions</li> <li>c) Patients with motion sensitivity</li> <li>d) BPPV: pathophysiology and</li> </ul>  |
| 1:30 – 3:00  | Treatment<br>Strategies: Lecture / treatment (all canals)                                                                                                                                                                                                                        |
| 12:30 – 1:30 | Lunch                                                                                                                                                                                                                                                                            |
|              | Demonstration / Practice Continued... <ul style="list-style-type: none"> <li>a) Patients with incomplete lesions</li> <li>b) Patients with complete lesions</li> <li>c) Patients with motion sensitivity</li> <li>d) BPPV: pathophysiology and treatment (all canals)</li> </ul> |
| 3:00–4:00    | Central Vestibular Considerations<br>Case Studies                                                                                                                                                                                                                                |

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## Credits

This course meets the criteria for 12 contact hours (1.2 CEUs) Introductory Level.



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This course can be used toward your NBCOT renewal requirements for 13.5 units.

This course meets the approval of the **TX** Board of OT Examiners.

Approved by the **NJ** Board of Physical Therapy Examiners.

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12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

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## Live In-Person

October 18, 2025: 9:00 am - 5:30 pm PST

October 19, 2025: 8:00 am - 4:00 pm PST

Optum Madison Center (formerly The Polyclinic)

Physical Therapy Department

904 7th Avenue 4th Floor

Seattle, WA 98104



\$450 fee. **LIMITED ENROLLMENT.** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14-day deadline. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

**In-Person Course: Vestibular Rehabilitation: Evaluation and Management of Individuals with Dizziness and Balance Disorders - Richard Clendaniel**

☐ **October 18 and 19, 2025**

**Course Registration Form:**

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Needed in the event of an emergency scheduling change

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

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How did you learn of this course? \_\_\_\_\_

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