



Program

Nordic Conference: Vestibular rehabilitation

October 24th – 25th 2019

**Radisson Blu Scandinavia Hotel Copenhagen
Amager Boulevard 70, 2300 Copenhagen S**

Speakers:

Susan Whitney, DPT, Ph.D., University of Pittsburgh, USA

Michael Schubert, DPT, Ph.D., Johns Hopkins University Medical Center, USA

Richard Clendaniel, DPT, Ph.D., Duke University Medical Center, USA

Kasper Søndergaard, physiotherapist, Ph.D.-stud., Rigshospitalet, Denmark

Michael Smærup, PT, Ph.D., VIA University College, Denmark

Katrine Storm Piper, PT, masterstudent, Rigshospitalet, Denmark

Måns Magnusson, medical doctor, Ph.D.-stud. Lunds University, Sweden

Eva-Maj Malmstrøm, Assoc Prof, RPT, Ph.D., Clinical Sciences, Lund University and Pain Rehabilitation, Skåne University Hospital, Lund, Sweden

Guri Tokle, PT, Avdelingssjef, Avd. Fysioterapi nevro og Ergoterapi, St. Olavs hospital HF, Trondhjem, Norway

Line Murtnes Hagestande, PT, Seksjon fysioterapi Nevro, Klinikk for kliniske servicefunksjoner, St. Olavs hospital HF, Trondhjem, Norge

Lene Kristiansen, PT, Ph.D.-stud., Western Norway University of Applied Sciences, and Haukeland University Hospital, Bergen Norway

Mette Steenkjær Lund: PT, physiotherapyclinic in Billund, Denmark

Planning Committee:

Kasper Søndergaard

Michael Smærup

Katrine Storm Piper

Elisabeth Berents, PT, MVO, educational advisor, The Association of Danish Physiotherapists



October 24th

08.30 – 09.15 Arrival, registration, breakfast

09.15 – 09.30

Welcome

Tina Lambrecht, President of the Association of Danish Physiotherapists

09.30 – 10.15

The vestibular system – an overview

- Anatomy and physiology of the inner ear and the balance system
- Common vestibular pathologies

By Måns Magnusson

10.15 – 11.00

Vestibular disorders

- How are vestibular disorders diagnosed
- How are the different vestibular disorders characterized?
- Chronic vestibular disorders

By Måns Magnusson

11.00 – 11.30

Break

11.30 – 12.30

Physical therapy assessment of patients with vestibular disorders

- Instrumental diagnostic assessment
- “Bedside” diagnostic assessment
- Functional test:
 - Dynamic Gait Assessment/Functional Gait Assessment
 - Clinical Test of Sensory Interaction and Balance
 - Dynamic Visual Acuity
 - Motion Sensitivity Test

By Richard Clendaniel

12.30 – 13.30

Lunch

13.30 – 14.15

Parallel sessions 1: Workshops practicing test

- “Bedside” diagnostic assessment (groups of 3)
 - Spontaneous and gaze-evoked nystagmus
 - Head Thrust Test
 - Head shaking nystagmus
 - Skull vibration induced nystagmus
- Instrumental diagnostic assessment (groups of 3)

By Susan Whitney, Richard Clendaniel, Michael Schubert, Michael Smærup, Kasper Søndergaard, Katrine Storm Piper

14.15 – 14.30

Small break and change workshop

14.30 – 15.15

Parallel sessions 2: Workshops practicing test

- “Bedside” diagnostic assessment (groups of 3)
 - Spontaneous and gaze-evoked nystagmus
 - Head Thrust Test
 - Head shaking nystagmus
 - Skull vibration induced nystagmus
- Instrumental diagnostic assessment (groups of 3)



- 15.15 – 15.45 Break
- 15.45 – 16.30 **Plenary session: Assessing a younger patient**
By Richard Clendaniel and Kasper Søndergaard
- 16.30 – 17.00 **Analyzing the results of assessment – how does it lead to treatment?**
Panel Discussion with Susan Whitney, Michael Schubert and led
By Richard Clendaniel
- 17.15 – 18.30 Get together at the hotel: wine and snacks
- October 25th**
- 07.30 – 08.00 Breakfast
- 08.00 – 08.45 **Plenary session: Assessing an older patient**
By Susan Whitney, Katrine Storm Piper and Michael Smærup
- 08.45 – 09.30 **Treatment of vestibular disorders**
 - Principles for treatment
 - What is the evidence?By Michael Schubert
- 09.30 – 9.50 Break
- 9.50 – 10.30 **Treatment of vestibular disorders (continues)**
 - Principles for treatment
 - What is the evidence?by Michael Schubert
- 10.30 – 10.40 Find your parallel session
- 10.40 – 11.20 **The way we do it in the Nordic countries – parallel sessions**
 - Domain specific assessment of balance and rehabilitation. Kasper Søndergaard, Denmark
 - Treatment of persistent dizziness – vestibular rehabilitation, cognitive behaviour therapy or both? Lene Kristiansen, Norway
 - Cervicogenic induced dizziness: proprioception as both cause and possibility in dizziness. Eva-Maj Malmström, Sweden
- 11.20 – 11.30 Change parallel session
- 11.30 – 12.10 **The way we do it in the Nordic countries – parallel sessions**
 - Vestibular rehabilitation for the patients with sequelae after vestibular neuritis and Morbus Ménière's. Mette Steenkjær Lund, Denmark
 - Vestibular rehabilitation for the elderly – exercises in practice. Katrine Storm Piper, Denmark
 - Early vestibular rehabilitation for adults. Guri Tokle and Line Murtne Hagestande, Norway



12.15 – 13.15	Lunch
13.15 – 14.00	Benign paroxysmal positional vertigo (BPPV) <ul style="list-style-type: none">• Diagnosis and treatment By Susan Whitney
14.00 – 14.15	Break and find your room for BPPV workshop
14.15 – 16.00	Benign paroxysmal positional vertigo (BPPV) <ul style="list-style-type: none">• BPPV: Practical workshops (groups of 3) By Susan Whitney, Richard Clendaniel, Michael Schubert, Michael Smærup, Kasper Søndergaard, Katrine Storm Piper
16.00 – 16.30	Future perspectives in vestibular rehabilitation By Susan Whitney, Richard Clendaniel and Michael Schubert
16.30	Goodbye