



BRAIN HUB
ACADEMIA
Vestibular Neuro-Rehabilitation

Whiplash and Concussion **~ Advanced Vestibular Neuro-Rehabilitation Approach**

Helsinki Sept 22-23, 2019

SUNDAY 22ND Sept

8:30 am - 9:00 am Registration

9:00 am – 9:15 am Prevalence

We explore the prevalence and impact concussion and whiplash injuries have on the community and our patients

9:15am – 9:45am Pathophysiology of Whiplash

- Sensorimotor function
- Connections between cervical spine, vestibular, oculomotor and balance systems

9:45am – 10:15am Pathophysiology of Concussion

- Neuro-metabolic cascades
- Risk factors
- Common signs and symptoms
- Differentiating from a whiplash

10:15 am – 11:00 am Balance & Gait – Assessment and Rehabilitation

We'll cover and practice specific balance and gait testing that are related to concussion and whiplash, as well discuss management

11:00 am – 11:15 am Morning tea break

11:15 am – 1:00 pm Cervical Spine Assessment & Management 1

Practical workshops on the assessment and management of

- Sensorimotor, including joint position sense, kinesthesia and body dissociation

- Neuromotor and biomechanical aspects
- Rehabilitation protocols

1:00 – 2pm Lunch (lunch served in hotel restaurant)

2:00 pm – 4:00 pm Cervical Spine Assessment & Management 2

Practical workshops on the assessment and management of

- Sensorimotor, including joint position sense, kinesthesia and body dissociation
- Neuromotor and biomechanical aspects
- Rehabilitation protocols

4:00 pm – 4:15 pm Afternoon tea break

4:15 pm – 5:00 pm Autonomic Nervous System testing

Appreciate the role the ANS has in persistent concussion symptoms, as well understand how to be guided by markers of ANS function to guide a patient through care. We'll demonstrate how to assess exercise endurance

5:00pm – 6:00pm NeuroCognitive Screen

- Learn how to perform an in-office neurocognitive screen to identify working memory, attention and reaction time

Monday 23rd Sept

9:00 am – 10:30 am Oculomotor – Assessment and Rehabilitation

We'll explore and perform practicals on the assessment and management for

- visual pursuit and saccade eye movements
- near point convergence
- visual motion sensitivity
- vestibular ocular motor screen

10:30 am – 10:45 am Morning tea break

10:45 – 12:30 Vestibular Assessment and Rehabilitation

We'll explore and demonstrate with practicals

- nystagmus (spontaneous and gaze-evoked) – understand what it means and how to detect nystagmus and its clinical significance
- how to differentiate between peripheral and central vestibular conditions
- VOR testing and rehabilitation
- BPPV

12:30pm – 1:00pm Integrative Management

We'll learn how to incorporate with the latest guidelines and protocols

- Return to play, learn, and work
- Whiplash and chronic cervical joint dysfunction