**Dizziness**

**Docent:** Alan Sealy, Bsc (hons), Grad dip Manipulative Physiotherapy, MCSP

Alan graduated from Sheffield Hallam University in 1996, where he also took his post graduate manipulative therapy qualification in 1999. With a background in manual therapy, Alan now works as a clinical Specialist in Vestibular Rehabilitation. Initially within the NHS, and as a partner in private practice

in Sheffield, Alan developed an early interest in dizziness and balance disorders. Whilst on a lecture tour in Norway he was invited to establish ‘Balanseklinikken’, in Oslo. As the Director of Rehabilitation in Scandinavia’s busiest balance clinic, and more recently as Director of Aberdeen Balance Clinic, he has treated and helped over 7000 dizzy patients. This considerable experience is utilized in research and

educational courses throughout Scandinavia and the UK. Alan has presented at a number of national and international conferences in the field of vestibular rehabilitation and has had papers published in peer-reviewed journals. Now based in Aberdeen, his time is split between his private practice, lecturing and

research.

**Organiserende instelling**

**Moving Smart bvba**

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Stijn De Mot

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**Cursusdatum:** 23-11-2019

**Leiding:** Coen Jansen

**Time:**9.00 -17u.00

**Locatie:**Eindhoven (van der Valk Hotel).

**Kosten:** €250 excl. btw

**Inbegrepen in de cursus:** Syllabus, uitgebreide lunch en koffiepauzes.

**Deelnemers:**min 20, max 26.

**Inhoud**

My goal is to empower physiotherapists in order to help them to successfully recognize, effectively treat, and guide patients with vestibular disorders through their rehabilitation programs. This patient group has been sadly neglected and mistreated for a long time. With a new understanding of the vestibular system we can help our patients recover faster and gain immense professional satisfaction. I have really enjoyed working with vestibular patients for the simple reason that, if treated correctly, they get better.

The course is practical in nature, evidence based and fully referenced. A mix of theory lectures and practical sessions make up an inspiring day of education about this topic. Participants completing this course will gain a greater understanding of the anatomy, biomechanics, assessment and evidence-based treatment of this interesting and complicated subject.

**Doelgroep:** This one-day course is suitable for physiotherapists and other health professionals wishing to learn how to successfully assess and treat the dizzy patient. Physiotherapists with little or no previous experience of vestibular disorders can participate.

**Doelstellingen:**

* To understand the multi-factorial nature of dizziness and the balance system
* To understand the bio-psycho-social components of dizziness
* To understand basic neurophysiology of the vestibular systems
* To recognize common peripheral vestibular disorders and differentiate these from central pathologies
* To incorporate a basic vestibular examination into their usual neuro-musculoskeletal assessments
* To diagnose and treat posterior canal variant benign positional vertigo (BPPV)
* To plan and implement appropriate vestibular rehabilitation based upon individual assessment and clinical reasoning
* To utilize appropriate outcome measures