

Vestibular neuro-rehabilitation approach to cervical spine disorders and whiplash

Advanced clinical applications for managing chronic pain, dizziness and poor balance

**Saturday 1st October – Sunday 2nd October 2022
Barcelona, Spain**

Saturday 1st October

8:30 am – 9:00 am: **registration and welcome coffee/tea**

9:00 am - 9:15 am Course Introduction

9:15 pm – 10:00 am Pathophysiology of cervical dysfunction and whiplash

- Sensorimotor function
- Connections between cervical spine, vestibular, oculomotor and balance systems
- The connection between TMJ, whiplash and postural control
- Concussion vs whiplash

10:00 am – 11:00 am Cervical Spine Assessment & Management 1

Practical workshops on the assessment and management of

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

11:00 am – 11:20 am Morning break

11:20 am – 1:00 pm Cervical Spine Assessment & Management 2

Practical workshops on the assessment and management of

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

1:00 pm – 2:30 pm Lunch

2:30 am – 3:30 pm Cervical Spine Assessment & Management 3

Practical workshops on the assessment and management of

- Neuromotor (CCFT – craniocervical flexion and extension) and biomechanical (CFRT – cervical flexion rotation test)
- Rehabilitation protocols

3:00 pm – 3:30 pm TMJ

Practical workshops on the assessment and management of

- TMJ
- Rehabilitation protocols

4:00 pm – 4:20 am Afternoon break

4:20 pm – 6:00 pm Balance & Gait – Assessment and Rehabilitation

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

- Balance physiology
- Testing balance – mCTSIB, plus advanced testing protocols (TMJ, vestibular, cervical, central)
- Demonstration by Physiosensing
- Gait and pattern assessment
- Gait and Balance rehabilitation

SUNDAY 2nd October

9:00 am – 9:30 am Pain sensitization

- Body, neck and face pain

9.30 am – 11:00 pm Oculomotor – Assessment and Rehabilitation

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

- Visual pursuit and saccade eye movements
- SPNTT
- Sequential eye-head

11:00 am – 11:20 am Morning break

11:20 pm – 1:00 pm Vestibular Assessment and Rehabilitation

We'll explore and demonstrate with practicals

- VOR testing and rehabilitation (HIT and DVA).
- Vergence
- Gaze stabilisation exercises

1:00 pm – 2:00 pm Integrative Management for the Chiropractor

- Differential diagnosis
 - Vestibular, cervical, oculomotor, central (brain)
- We'll learn how to incorporate with the latest guidelines and protocols