
Vestibular and Balance Rehabilitation

SIG 7

INTRODUCTION

For people experiencing dizziness, what are possible options for vestibular and balance rehabilitation? This self-study from *Perspectives of the ASHA Special Interest Groups* (SIG 7) addresses treatment choices in vestibular and balance rehabilitation, the state of the evidence on their efficacy, and future directions for interdisciplinary research and practice. Written by clinicians and scholars with expertise in audiology and physical therapy, the four articles present an interdisciplinary and life span approach to vestibular and balance rehabilitation for children and adults. The first article by Christy is on the use of vestibular and balance rehabilitation therapy for dizziness in children. Next, the review by Herdman focuses on the evolution of vestibular function tests and rehabilitation for major vestibular disorders as well as areas in which research and clinical practice may grow in the future. In Holmberg, the relatively new but common diagnosis of persistent postural-perceptual dizziness (PPPD) is presented in terms of its pathophysiology, differential diagnosis, and treatment protocols. Finally, Clendaniel provides a review on the use of vestibular rehabilitation in the treatment of benign paroxysmal positional vertigo. Included are detailed photos and illustrations of current techniques and exercises. As described in the introduction to the forum by Guest Editor Neil Shepard, PhD, "It is hoped that these four articles will provide a needed look at vestibular and balance rehabilitation therapy (VBRT) so the audiologist can serve as a productive member of the treatment team and have a good understanding as to everything that is involved in using VBRT to treat a patient who is experiencing dizziness."

LEARNING OUTCOMES

You will be able to:

- list the major types of exercises commonly included in vestibular rehabilitation programs for children
- identify vestibular disorders that may be treated with vestibular rehabilitation
- describe the recommended integrated treatment approach for persistent postural-perceptual dizziness (PPPD)
- describe the appropriate treatment approaches for the different forms of benign paroxysmal positional vertigo (BPPV)

CONTENTS

Use of Vestibular Rehabilitation in the Pediatric Population by Jennifer Christy

Historical Perspective of "How Did We Get Here and Where Are We Going" in the Rehabilitation of Patients With Vestibular Hypofunction by Susan J. Herdman

Pathophysiology, Differential Diagnosis, and Management of Persistent Postural-Perceptual Dizziness: A Review by Janene M. Holmberg

Use of Vestibular Rehabilitation in the Treatment of Benign Paroxysmal Positional Vertigo by Richard A. Clendaniel

PROGRAM HISTORY and IMPORTANT INFORMATION

Start date: November 15, 2020

End date: November 15, 2023

To earn continuing education credit, you must complete the learning assessment on or before **November 15, 2023**.



ASHA Professional Development is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 0.50 ASHA CEUs (Intermediate level, Professional area).