



Vestibular Rehabilitation



Presented by:
Dr. Naseem Chatiwala
PT, DPT, MS, NCS

**Saturday and Sunday
Dec 6th and Dec 7th 2025
8:00 am- 4:30 pm
Acton, MA**

Approximately 90 million American adults experience vestibular disorders, leading to dizziness, imbalance, and fall risks that affect their mobility and quality of life. Understanding the vestibular system helps therapists address these issues across various patient populations.


This immersive two-day workshop enhances clinicians' skills and confidence in evaluating and treating vestibular disorders through hands-on labs, case studies, and evidence-based strategies, offering practical skills to immediately apply in clinical practice.




"This course helped me understand vestibular rehab in a way that I hadn't grasped prior. It 'put it all together' for me in a much more understandable way."

-KW, Wakefield



 **Save with Early Bird Pricing!**
\$600 – Register by October 1st, 2025

 **Regular Price:**
\$650 – After October 1st, 2025

Register Now: using the
QR code-google form
**Registration closes
Dec 1st 2025**



Module 1, Day 1: Foundations & Assessment

- 8:00 AM: Understanding vestibular anatomy & physiology
- 9:30 AM: Differential diagnosis of common vestibular disorders
- 10:45 AM: Lab – Oculomotor examination and interpretation

Module 2, Day 1: Benign Paroxysmal Positional Vertigo

- 1:15 PM: BPPV – Pathophysiology, assessment, treatment maneuvers, and clinical practice guidelines
- 2:30 PM: Lab – Diagnostic and treatment maneuvers for BPPV across various canals

Module 3, Day 2: Evidence-based treatment techniques

- 8:00 AM: Evidence-based techniques – Gaze stabilization, habituation, substitution, functional/dual task
- 9:30 AM: Lab – Applying treatment techniques for immediate results
- 11:00 AM: Case vignettes and small group discussions

Module 4, Day 2: Complex Vestibular Challenges & Technology

- 1:15 PM: Managing complex vestibular challenges (atypical BPPV, post-concussion syndrome, persistent postural-perceptual dizziness (PPPD), Mal de Débarquement Syndrome)
- 2:45 PM: Vestibular function testing – Enhancing care with technology and apps
- 3:30 PM: Clinical practice guidelines, Q&A, and closing discussion

12:15-1:15 Lunch (on your own)

Learning Objectives

- Describe the key anatomical structures of the vestibular system, including both central and peripheral components, and explain their role in maintaining balance and spatial orientation.
- Identify and differentially diagnose between peripheral, central and other vestibular disorders based on clinical characteristics, allowing for accurate diagnosis and targeted intervention.
- Perform comprehensive oculomotor and vestibular assessment.
- Formulate individualized treatment plans utilizing evidence-based therapeutic interventions for vestibular dysfunction, including habituation, gaze stabilization, adaptation, and substitution exercises.
- Identify variants of BPPV, understand the underlying pathophysiology, and perform effective Canalith Repositioning Maneuvers (CRM) to manage this common vestibular condition successfully.
- Apply updated clinical practice guidelines for vestibular rehabilitation in both assessment and treatment approaches.

About the Instructor

Naseem Chatiwala is a board-certified neurologic clinical specialist with over 25 years of experience in physical therapy. She is the founder of Rehab Health 360 in Acton, MA, and a nationally recognized educator who has taught over 100 continuing education courses across the U.S and beyond. Her expertise spans vestibular therapy, stroke recovery, Parkinson’s disease, gait training, and concussion management. Naseem serves as adjunct faculty at both MGH Institute of Health Professions and UMass Lowell. She has received multiple honors for clinical excellence, including the Bette Ann Harris Distinguished Alumni Award, and is actively involved with the American Physical Therapy Association, currently chairing the APTA MA Annual Conference and contributing to national ANPT practice initiatives.

Seats are limited! Don’t miss this opportunity to enhance your vestibular rehabilitation skills.

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