



**8th BIENNIAL
EMIRATES
PHYSIOTHERAPY
CONFERENCE**
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CONRAD DUBAI, UAE**

ORGANIZED BY



Vestibular Rehabilitation After Sports Related Concussion

13-14 October 2022

Course Director: Prof. Alia Alghwiri

Course Description:

Sports related concussion (SRC) is a common and serious disorder that negatively affect athletes' performance and delay their return to play. Several impairment patterns have been identified after SRC with vestibulo-oculomotor impairment reported as the most common impairment. Based on published evidence, the assessment and proper management of vestibulo-oculomotor functions after SRC were found effective in the return to play process. Therefore, it is important to highlight the role of physiotherapy within the interdisciplinary sports medicine team in the assessment and management of vestibulo-oculomotor functions of athletes after SRC.

This two-day workshop aims to enhance the physiotherapists ability to examine and provide evidence based management for athletes presenting with dizziness and/or balance impairments after SRC. Practical training will be provided so that physiotherapists have an opportunity to practice various skills commonly used when treating athletes with vestibular dysfunction after SRC. All participants should be able to recognize all potential signs and symptoms after SRC including vestibular ones and should start to feel comfortable with the examination and intervention skills for persons presenting with vestibulo-oculomotor symptoms.

Course Objectives:

- Identify the overlapping impairment patterns after SRC.
- Understand the role of physiotherapists in the comprehensive assessment of individuals after SRC.
- Develop evidence based practical skills for the management of Vestibulo-oculomotor impairments.

Target Audience:

- Sports Physicians.
- Physiotherapists.
- Sports Therapists/ Athletic Trainer.