

Post-Stroke Dizziness and Vestibular Rehabilitation Workshop

February 4, 2026

Course Description

This one-day in-person workshop will provide clinicians working in stroke care with practical, evidence-based skills to assess and treat post-stroke dizziness and implement vestibular rehabilitation strategies.



Elizabeth Crawford
Advanced Practice
Vestibular Physiotherapist



Shaleen Sulway
Advanced Practice
Vestibular Physiotherapist

By the end of the workshop, participants will:

- Describe key vestibular anatomy, physiology, and central pathways
- Recognize dizziness and vertigo from posterior circulation stroke and common co-morbid vestibular disorders (e.g., BPPV)
- Apply the HINTS+ exam and distinguish central vs. peripheral nystagmus patterns
- Perform and interpret a comprehensive vestibular screening, including evaluation and treatment of BPPV
- Implement evidence-based vestibular rehabilitation strategies and select appropriate outcome measures

Date: Wednesday, February 4, 2026

Time: 8:30 AM to 4:30 PM (*Registration begins at 8:00 AM*)

Location: West Park Healthcare Centre
Auditorium (WP-2A-137)

Target Audience:

Occupational Therapists and Physiotherapists working primarily in stroke care in Toronto

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For more information :



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Workshop Agenda

8:00 AM – 8:30 AM	Registration and Light Breakfast
8:30 AM – 10:15 AM	Vestibular Anatomy and Physiology, Dysfunction, and Stroke
10:15 AM – 10:30 AM	Break
10:30 AM – 11:15 AM	Vestibular Screening Assessment – Subjective History and Clinical Examination
11:15 AM – 12:00 PM	Practical: Oculomotor and VOR Assessment
12:00 PM – 12:45 PM	Lunch
12:45 PM – 1:15 PM	BPPV Pathophysiology, Symptoms, and Central Positional Nystagmus
1:15 PM – 2:00 PM	Practical: BPPV Assessment and Treatment
2:00 PM – 2:15 PM	Break
2:15 PM – 3:15 PM	VOR Adaptation, Habituation, and Balance
3:15 PM – 4:20 PM	Practical: Clinical Examination and Case Discussion
4:20 PM – 4:30 PM	Wrap-up

Please Note: The schedule is subject to change without prior notice. Timing may vary depending on the level of participation and the number of questions from participants.

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