



### **1.) Vestibular systems impact on self-organization**

- Understanding the importance of identifying “where” load is needed for positive change

### **2.) Applied Neurology of the Vestibular System**

- How the vestibular system turns head movement into language the brain understands
- How the vestibular system coordinates with the eyes
- How the vestibular system communicates with the body

### **3.) How the vestibular system impacts movement deceleration**

- Reflex pathways that aid subconscious movement control
- Connections to extensor muscles

### **4.) Basic Neuroanatomy of the Vestibular System**

- Rehab implications

### **5.) Motor output of the vestibular system**

- Its influence of eye and neck movement control
- Its influence on midline or “core stability”
- Neurology of midline/core control

### **6.) Basic principles of assessment and integration into rehabilitation**

### **7.) Practical Assessments**

- How to assess vestibular load capacity
- How to get buy-in from clients to integrate the vestibular system

### **8.) Interventions**

- How to load the canals for improved neck & spinal control
- Interventions for vestibulo-ocular reflex and vestibulo-ocular reflex cancelation
- How to integrate with lower limb rehab strategies

### **9.) How to load Otoliths for improved spinal coordination**

- How to progress with other movement strategies
- Importance of “force acceptance” with Otolith integration