



**Defense Health Agency, J-7, Continuing Education Program Office**

**HCE: Military Vestibular Assessment and Rehabilitation (MVAR), Beginner**

**Live, July 21-24, 2025, San Antonio, TX**

**Continuing Education (CE)/Continuing Medical Education (CME) Information**

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for occupational therapists and physical therapists. A certificate of attendance is available for other attendees.

**HCE: Military Vestibular Assessment and Rehabilitation (MVAR), Beginner (23.00 clock hours)**

**Learning Objectives:**

**Day 1: July 21, 2025 (0830-1630 ET)**

1. Explain recent Defense Technical Information Center (DTIC) report that describes vestibular coding within the active-duty population
2. Describe normal vestibular ocular reflex (VOR) and impairments to the VOR and implications for symptoms
3. Describe the process by which the body can compensate for an impaired VOR
4. Perform a bedside screen for saccades, pursuit and vergence.
5. Perform a cover/uncover test for ocular alignment
6. Identify and name the nystagmus associated with a unilateral vestibular hypofunction

**Day 2: July 22, 2025 (0900-1700 ET)**

1. Describe the components of the bedside vestibular exam
2. Identify normal vestibular function and signs of central dysfunction and peripheral vestibular dysfunction as seen during bedside vestibular testing
3. Perform all components of a Vestibular Ocular Motor Screening (VOMS) test
4. Utilize info from VOMS test to categorize concussion subtype and to determine when referrals are appropriate
5. List three subjective reports suggestive of benign paroxysmal positional vertigo (BPPV)
6. Describe typical nystagmus pattern seen in posterior canal BPPV
7. Perform an appropriate Dix-Hallpike Test and Canalith Repositioning Maneuver for posterior canal BPPV
8. Perform an appropriate Roll Test for horizontal canal BPPV and determine side of involvement given Roll Test findings.
9. Perform an appropriate Canalith Repositioning Maneuver for horizontal canal canalithiasis.

**Day 3: July 23, 2025 (0900-1700 ET)**

1. Discuss the current concepts of vestibular rehabilitation for peripheral disorders
2. Discuss the implication of vestibular testing results performed by audiologists
3. Discuss the implications of recent clinical practice guidelines for physical therapists
4. Perform dynamic visual acuity (DVA) testing and Functional Gait Assessment (FGA)
5. Describe the five clinical subtypes of concussion and the two symptom modifiers for concussion
6. List two items from a sleep hygiene program
7. Explain the concept of multifactorial presentation in concussion
8. Identify key features and domains of the Military Acute Concussion Evaluation 2 (MACE 2)

**Day 4: July 24, 2025 (0900-1800 ET)**

1. Describe modifications to treatment planning and communication style when treating patients with anxiety.
2. Describe the co-morbid and often self-perpetuating role of dizziness and anxiety.

**Faculty:**

**LTC Angela Weston, P.T.** Presenter has no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

**Carrie Hoppes, P.T., Ph.D., NCS, OCS, ATC, CSCS.** Presenter has no relevant financial or non-financial relationship(s)

with ineligible companies to disclose.

**Karen Lambert, P.T., D.P.T., NCS.** Presenter has no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

#### **Disclosures:**

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

#### **Occupational Therapists and Occupational Therapy Assistants (AOTA)**



DHA, J-7, CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 09615. This live is offered at 2.3 CEUs introductory, OT service delivery, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

#### **Physical Therapists and Physical Therapy Assistants (APTA)**



DHA, J-7, CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the healthcare team, and learners will receive 2.3 APTA CEUs. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

#### **Other Professionals**

All other healthcare professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

#### **Commercial Support:**

No commercial support was provided for this activity.

#### **Participation Costs:**

There is no cost to participate in this activity.

#### **CE/CME Inquiries:**

For all CE/CME related inquiries, please contact: [dha.ncr.j7.mbx.continuing-education-office@health.mil](mailto:dha.ncr.j7.mbx.continuing-education-office@health.mil).

#### **How to Obtain CE/CME Credit:**

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 7 August 2025 at 2359 ET at the following URL: [www.dhaj7-cepo.com](http://www.dhaj7-cepo.com).