

Flex Therapist CEUs

Vestibular Rehab - An Overview of Testing and Treatment Options

1. Which of the following is central vestibular disorder?

- A. Meniere's disease
 - B. Labyrinthitis
 - C. Acoustic Neuroma
 - D. Vestibular migraine
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2. Which of the following is not part of the vestibular labyrinth?

- A. The posterior canal
 - B. Vestibulocochlear nerve
 - C. Utricle
 - D. Sacculle
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3. Which of the following movements will a semicircular canal detect?

- A. Rotation
 - B. gravity
 - C. acceleration
 - D. Horizontal movement
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4. Which of the following symptoms suggest a central vestibular disorder over a peripheral vestibular disorder?

- A. Positional vertigo
 - B. Constant nystagmus
 - C. Intermittent nausea
 - D. Vomiting
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5. An elderly woman complains of vertigo only when she is cleaning her home. Which test would be best to determine how impaired her ability is due to her vertigo?

- A. FGA
 - B. VOR testing
 - C. CTSIB
 - D. Dix-Hall Pike Maneuver
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6. All except which of the following are part of cranial nerve testing?

- A. looking upward to the right
 - B. Looking downward to the right
 - C. Following the clinician draw the letter "H"
 - D. opening and closing the eyes 10 times
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7. After performing the Dix-Hall Pike Maneuver, a physical therapist suspects their patient has BPPV on the right side. Which of the following treatments would be the most appropriate?

- A. Semont maneuver with the patient's head turned to the right
 - B. Semont maneuver with the patients head turned to the left
 - C. Epley maneuver with the patient's head turned to the left
 - D. Brandt-Daroff exercises
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8. A physical therapist wants to give a patient with BPPV a home exercise program. She often loses her balance while performing exercises in the office. Which would be the most appropriate program to give her?

- A. Gaze stabilization exercises while standing
 - B. Gaze stabilization exercises while walking
 - C. Brandt-Daroff exercises
 - D. Single leg balance
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9. A patient is motivated to recover from labyrinthitis. What can her physical therapist provide her in order to optimize her recovery?

- A. A home exercise program and resources on a healthy diet
 - B. Advice on bedrest
 - C. Advice to start a new fitness routine
 - D. Just come to physical therapy and not to worry about symptoms outside of session
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