

Bennet, Susan E., Coons, Laura B., Huijbregts, Peter A., Schenk, Ron. (2006) "Cervicogenic Dizziness: A Case Report Illustrating Orthopaedic Manual and Vestibular Physical Therapy Comanagement." The Journal of Manual & Manipulative Therapy. Vol. 14 No. 3, E56 – E68

Abstract: The diagnosis and treatment of patients with dizziness of a cervical origin may pose a challenge for orthopaedic and vestibular physical therapy specialists. A thorough examination, which consists of a screening examination to rule out pathologies not amenable to sole physical therapy management and, if indicated, a physical therapy differential diagnostic process incorporating both cervical spine and vestibular tests and measures, may indicate an appropriate course of management. The treatment progression is then based on patient signs, symptoms, and response to physical therapy interventions. This case study describes the diagnosis, treatment, and outcomes of a patient with cervicogenic dizziness co-managed by a vestibular and an orthopaedic manual physical therapist.

Huijbregts, Peter., Vidal, Paul., (2004) "Dizziness in Orthopaedic Physical Therapy Practice: Classification and Pathophysiology." The Journal of Manual & Manipulative Therapy. Vol. 12 No. 4, 199 - 214

Abstract: Dizziness is a frequent complaint in patients presenting to orthopaedic physical therapists. Differential diagnosis of dizziness is complex but essential and requires knowledge of musculoskeletal, vestibular, cardiovascular, neurological, metabolic, and psychiatric conditions, thus transcending the musculoskeletal boundaries of orthopaedic physical therapy clinic practice. Physical therapy intervention is not indicated for many causes of dizziness. Some types of dizziness present contra-indications to certain orthopaedic physical therapy interventions. This article presents a diagnostic classification system and relevant Pathophysiology that may facilitate orthopaedic physical therapy diagnosis, screening, and subsequent appropriate physical therapy management or medical referral.

Huijbregts, Peter., Vidal, Paul., (2005) "Dizziness in Orthopaedic Physical Therapy Practice: History and Physical Examination." The Journal of Manual & Manipulative Therapy. Vol. 13 No. 4, 221 - 250

Abstract: Physical therapy (PT) differential diagnosis of patients complaining of dizziness centers on distinguishing those patients who might benefit from sole management by the physical therapist from those patients who require referral for medical-surgical differential diagnosis and (co) management. There is emerging evidence that PT management may suffice for patients with benign paroxysmal positional vertigo, cervicogenic dizziness, and musculoskeletal impairments leading to disequilibrium. This article provides information on the history taking and physical examination relevant to patients with a main complaint of dizziness. The intention of the article is to enable the therapist to distinguish between patients complaining of dizziness due to these three conditions amenable to sole PT management and those patients who likely require referral. Where available, we have provided data on reliability and validity of the history items and physical tests described to help the clinician establish a level of research-based confidence with which to interpret history and physical examination findings. The decision to refer the patient for a medical-surgical evaluation is based on our findings, the interpretation of such findings in light of data on reliability and validity of history items and physical tests, an analysis of the risk of harm to the patient, and the response to seemingly appropriate intervention.