

Proprioception Dizziness Migraine Pain Fatigue

Discover how the dysfunction of the proprioceptive system may cause dizziness, migraine, pain and fatigue; and how it can be diagnosed, treated and relapse avoided

Six-Module International Course in English
May 2021 – March 2022

Dr. Orlando Alves da Silva
guest speaker

Head of Strabismus and Orthoptics (1977 –2005),
University Hospital, Lisbon

Professor of Ocular Motility and Proprioception

Ophthalmic Surgeon

Founding member and First President of the
Paediatric Ophthalmology and Strabismus Group, Portugal

Pioneer of the diagnostic, classification and treatment of PDS with Active Prisms



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Background and history

Dr. Orlando Alves da Silva was Head of the Strabismus and Orthoptics at the largest University Hospital in Portugal, Santa Maria in Lisbon, between 1977 and 2005.

In 1977, he embarked on clinical research which led him to pioneer the simple, inexpensive, non-invasive protocols for the diagnosis, classification and treatment of the Postural Deficiency Syndrome (PDS) with Active Prisms.

Active Prisms are low-powered prisms placed at specific axes corresponding to the axes of relaxation of the inferior oblique muscles, or the horizontal recti. Active Prisms are prescribed efficiently following a clear protocol and patients do not endure lengthy testing by trial and error.

Dr. Alves da Silva collaborated with Dr. Henrique Martins da Cunha, Director of the Department of Physical Medicine and Rehabilitation at Santa Maria, Lisbon, who first described PDS as a new clinical entity.

PDS patients present a variety of symptoms which often include **dizziness, migraine, pain and fatigue**.

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Organisers and speakers



Dr. Margarida Dolan, the course coordinator, is a specialist in PDS Education/Training with a background in Diagnostics and Pharmaceutical Sciences.



Rucenita Queiroz is a Psychologist with a Masters in Education. She is completing her doctoral research on aspects of PDS.



Dr. Orlando Alves da Silva is the pioneer of the Diagnostic, Classification and Treatment of PDS with Active Prisms.

Several speakers will be sharing clinical cases to illustrate the variety, diversity, intensity and chronicity of symptoms experienced by patients before diagnosis, and the PDS treatment protocol.

Speakers will be discussing the PDS protocols pioneered by Dr. Orlando Alves da Silva and the successful treatment of thousands of patients globally over the last four decades.

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Who will benefit from participation

Specialists who refer patients to Dr. Alves da Silva include:

ORL/ENT/vestibular specialists, Rheumatologists, Psychiatrists (Physical Medicine and Rehabilitation), General Practitioners/Family Doctors, Orthopaedic Surgeons, Paediatricians, Sports Specialists, Physiotherapists, Osteopaths, Kinesiologists, Podiatrists/Chiropodists, Dentists, Dental Surgeons, Orthodontists, Maxillofacial Surgeons, Neurologists, Gastroenterologists, Ophthalmologists, Orthoptists, Optometrists, Opticians, Psychiatrists, Psychologists, Speech Therapists, Audiologists and Teachers.

This course is aimed at any of these specialists.

A knowledge of PDS can lead to a life-changing referral and effective treatment for your patients.

PDS Identification, physical repositioning, breathing techniques and ergonomic advice:

Trained health and educational specialists

PDS diagnosis, classification and treatment:

Trained vision and oral specialists

Active Prism spectacles must be fitted by specialized opticians

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Course content

Which clinical and theoretical influences led to the establishment of PDS as a new clinical entity in the 1970s?

What led to the discovery that PDS is caused by a dysfunction of the proprioceptive system?

Why are dizziness, migraine, pain and fatigue PDS symptoms?
What are other PDS symptoms?

What are the visual manifestations of PDS?

Why is the visual system so important in the classification and treatment of PDS?

What are Active Prisms? What distinguishes Active Prisms from other visual therapies used to treat dizziness, migraine, pain, and fatigue?

How do treatments available for dizziness, migraine, pain and fatigue compare to the PDS treatment with Active Prisms?

How is PDS diagnosed and classified?

What does the PDS treatment consist of?

How can PDS relapse be avoided?

What advice should PDS patients receive?

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Course structure and organization

The course will be delivered online integrating live lectures and pre-recorded elements including:

- practical and theoretical aspects of PDS identification, diagnostics, and classification and treatment
- clinical cases
- diagnostic and classification pearls
- films of Dr. Alves da Silva's clinical practice demonstrating the immediate and objective effects of Active Prisms

Participants will be encouraged to analyse and interpret clinical cases, the approaches and theoretical models in comparison to other treatments, and relevant literature.

The course is designed to enable participants to

1. learn basic and in-depth concepts of PDS
2. question, develop and reflect on practical, theoretical, and clinical models
3. compare different diagnostic, therapeutic and preventive approaches.

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Course structure and organization

Each module entails:

- two two-hour lectures
- one two-hour discussion session to address questions sent in advance
- one two-hour quiz to support learning
- three weeks of participant-led study/reflection/research.

All sessions will be held on Saturdays between 14:00-16:00 GMT. For dates, please see the timetable.

Module 6 entails one extra lecture.

Participants should allocate three hours per week for the independent study/reflection/research weeks (totalling nine hours per module).

Participants are encouraged to send comments and questions, which will be addressed in the discussion sessions and during lectures.

Questions and comments will be presented without revealing the identity of the participants who pose the questions.

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Timetable (Modules 1, 2, 3)	Learning Method	Date	Time (GMT)
Module 1	Lecture 1	Sat 15 May 2021	14:00 - 16:00
	Lecture 2	Sat 22 May 2021	14:00 - 16:00
	Discussion forum	Sat 29 May 2021	14:00 - 16:00
	Participant-led study, week commencing Mon 24 May 2021		
	Quiz	Sat 05 June 2021	14:00 - 16:00
	Participant-led study, week commencing Mon 14 June 2021		
	Participant-led study, week commencing Mon 21 June 2021		
Module 2	Lecture 1	Sat 03 July 2021	14:00 - 16:00
	Lecture 2	Sat 10 July 2021	14:00 - 16:00
	Discussion forum	Sat 17 July 2021	14:00 - 16:00
	Participant-led study, week commencing Mon 19 July 2021		
	Quiz	Sat 31 July 2021	14:00 - 16:00
	Participant-led study, August 2021		
Module 3	Lecture 1	Sat 04 Sept 2021	14:00 - 16:00
	Lecture 2	Sat 11 Sept 2021	14:00 - 16:00
	Discussion forum	Sat 18 Sept 2021	14:00 - 16:00
	Participant-led study, week commencing Mon 20 Sept 2021		
	Quiz	Sat 02 Oct 2021	14:00 - 16:00
	Participant-led study, week commencing Mon 04 Oct 2021		
	Participant-led study, week commencing Mon 11 Oct 2021		

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Timetable (Modules 4, 5, 6)	Learning Method	Date	Time (GMT)
Module 4	Lecture 1	Sat 23 Oct 2021	14:00 - 16:00
	Lecture 2	Sat 30 Oct 2021	14:00 - 16:00
	Discussion forum	Sat 06 Nov 2021	14:00 - 16:00
	Participant-led study, week commencing Mon 8 Nov 2021		
	Quiz	Sat 20 Nov 2021	14:00 - 16:00
	Participant-led study, week commencing Mon 22 Nov 2021		
	Participant-led study, week commencing Mon 29 Nov 2021		
	Participant-led study, December 2021		
Module 5	Lecture 1	Sat 08 Jan 2022	14:00 - 16:00
	Lecture 2	Sat 15 Jan 2022	14:00 - 16:00
	Discussion forum	Sat 22 Jan 2022	14:00 - 16:00
	Participant-led study, week commencing Mon 24 Jan 2022		
	Quiz	Sat 05 Feb 2022	14:00 - 16:00
	Participant-led study, week commencing Mon 14 Feb 2022		
	Participant-led study, week commencing Mon 21 Feb 2022		
Module 6	Lecture 1	Sat 26 Feb 2022	14:00 - 16:00
	Lecture 2	Sat 05 Mar 2022	14:00 - 16:00
	Discussion forum	Sat 12 Mar 2022	14:00 - 16:00
	Quiz	Sat 19 Mar 2022	14:00 - 16:00
	Lecture 3	Sat 26 Mar 2022	14:00 - 16:00

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Course fees and additional information

1. The course fees are GBP1000 (by bank transfer to the UK, PayPal or equivalent).
2. To register, send an email to PDS1977PT@gmail.com
3. Please note that by enrolling in the course, you accept that unforeseen circumstances may result in changes to the course schedule. Every effort will be made to rectify any inconvenience caused in a timely manner.
4. The course coordinator and her collaborators aim to share knowledge and monitor the participants' learning path. All participants are expected to be respectful; if not, they may be asked to leave the course.
5. Participants will receive a certificate of achievement, which requires that 100% of the course has been completed (exceptional cases will be considered on a one to one basis).
6. The course is developed and organized under British law.