

***PRACTICAL MANAGEMENT OF THE
PATIENT WITH DIZZINESS:***

**VESTIBULAR
REHABILITATION
THERAPY (VRT)**

**PRESENTED BY:
JEFF WALTER PT, DPT, NCS**

December 4th-5th, 2010

Sponsored by IvyRehab at
Sheraton Atlantic City
2 Convention Blvd.
Atlantic City, NJ 08401

The intended audience includes physical therapists, physicians, audiologists and occupational therapists. An application for CEU's has been submitted to the NJ state board of physical therapy examiners.

Questions regarding **course content** should be directed to Jeff Walter (570) 850-3967 or jeff@vestibularseminars.com.

Course Description:

This evidence-based course will train clinicians in the practical management of vestibular disorders. The course will include instruction in anatomy and physiology, medical management, pathology, detailed bedside examination and treatment skills. The material will be presented in a lecture, lab and video case study format. Competence in the performance of a comprehensive office / bedside examination and treatment skills will be addressed in a lab format. The seminar is intended to enhance the clinician's ability to evaluate the appropriateness and effectiveness of VRT for common vestibular disorders. Practical application of VRT to a variety of practice settings (outpatient, acute care, SNF, ER) will be discussed. An emphasis will be placed on the management of BPPV variants and vestibular hypofunction.

Objectives/Learning Outcomes:

Upon completion of the course, participants should be able to:

- Perform a detailed bedside vestibular & balance examination
- Based on patient history and bedside examination, identify the specific features of:
 - Peripheral vestibular disorders
 - Central vestibular disorders
 - Non-vestibular dizziness
- Recognize typical characteristics of peripheral vestibular vs. central-etiology nystagmus
- Identify appropriate standardized assessment tools for use in vestibular rehabilitation

- Prescribe rehabilitation programs to address adaptation and compensation for vestibular dysfunction
- Identify specific variants of BPPV and perform appropriate canalith repositioning maneuvers
- Identify indications for further medical referral



Jeff Walter PT, DPT, NCS

practices vestibular and balance rehabilitation at Geisinger Medical Center in a variety of settings including: outpatient rehabilitation, emergency department, acute care, and inpatient rehabilitation. Jeff is an associate faculty member at Misericordia University, Department of Physical Therapy. Jeff is a graduate of the University of Wisconsin and has attained competency certification in "Vestibular Rehabilitation" and "Vestibular Function Test Interpretation". Since 1999, Jeff has lectured at numerous professional conferences, universities and continuing education courses for audiologists, physicians and therapists involved in managing patients with dizziness and imbalance. Jeff has developed a teaching website "www.vestibularseminars.com" designed to provide information to assist clinicians in the management of dizziness and imbalance.

Saturday

- 7:30 - 8:00 **Registration**
- 8:00 -10:15 **Detailed Anatomy and Physiology of the Vestibular and Balance System**
- 1015 – 10:30 **Break**
- 10:30 - 12:00 **Vestibular Disorders and Management Options**
 - a. Unilateral Disorders: vestibular neuritis, labyrinthitis, vestibular schwannoma, superior canal dehiscence, anterior vestibular artery ischemia, Meniere’s disease, perilymph fistula
 - b. Bilateral Disorders:
 - c. Central Disorders: MS, CVA (AICA, PICA and Basilar), Chari Malformation, Cerebellar Degenerative Disorders
- 12:00 – 12:45 **LUNCH**
- 12:45 – - 3:45 **Bedside / Office Examination**
combined lecture / practicum with video case studies
Oculomotility / stability screen, multi-directional head impulse testing, head shake, hyperventilation, static vs. dynamic visual acuity, CTSIB, DGI, Fukuda Step Test,
- 3:45 – 4:00 **Break**
- 4:00 – 5:00 **Vestibular and Balance Rehabilitative Treatment Strategies**
 - a. Rehabilitation Evaluation including assessment of postural control
 - b. Vestibular Compensation Training
 - c. Review of evidence
- 5:00 - 5:30 **Video Case Studies**

Sunday

- 8:00 - 8:45 **Non-Otogenic Dizziness and Imbalance:** Migraine, Anxiety, Vertebral Basilar Insufficiency, Mal de Debarquement, Cervicogenic Dizziness, Postural Hypotension, Phobic Postural Vertigo, Psychogenic Dizziness
 - 8:45 -10:00 **Benign Paroxysmal Positional Vertigo**
Pathophysiology, Identification of Variant Forms, Canalith Repositioning Maneuvers, Management Guidelines, Efficacy Review
 - 10:15 – 12:00 **BPPV (Cont)**
 - 12:00 - 12:45 **Lunch**
 - 12:45 - 1:30 **BPPV Practicum:**
 - a. Examination: Hallpike, Roll, Sidelying Tests;
 - b. Maneuvers: Modified Epley, Semont, Gans, Appiani,
 - 1:30 – 2:15 **BPPV: Video Case Examples**
 - 2:15 – 2:45 **Full Video Case Study or Live Patient Demonstration (if available)**
- Comments from Previous Participants:**
- “So approachable, knowledgeable, and patient..... I would recommend this course to everyone!”
 - “By far the best vestibular course I have ever attended.”
 - “Material was grounded in practicality, ideal course for a clinician”

Enrollment will be limited, early registration is encouraged. Participants should await confirmation of registration prior to making travel arrangements.

\$200.00 registration fee made payable by check to: IVYREHAB Network, Inc.

Payment is due by 11/26/10. Cancellations will be provided with a full refund (minus a \$20 administrative fee) **until 11/26/10.**

REGISTER BY FAX OR MAIL

Fax registration to: Lauren Dowd
201-488-7901

Mail to: Ivy Rehab
Attn: Lauren Dowd
87 Summit Ave
Hackensack, NJ 07601

Registration Information:

Name: _____

Discipline: _____

Workplace Name: _____

Mailing Address:

Home Phone:

Work Phone:

Fax:

Email:

Emergency Contact/Phone:

Please include course name in the memo section of the check.

Confirmations and Cancellations

Confirmation or registration are sent via email or fax within three days of receipt in our office. If you have not received a confirmation within five days of the program, please call our office at (201) 488-7905 to verify registration.

Cancellations received at least five working days before the seminar is refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later. Please note that if you register and do not attend, you are still liable for full payment.