

Vestibular Rehabilitation

Theory, Evidence and Practical Application

March 5-7, 2020
Shirley Ryan AbilityLab
355 East Erie Street
Chicago, IL 60611

Shirley Ryan
Abilitylab



Vestibular Rehabilitation: Theory, Evidence and Practical Application

COURSE DESCRIPTION

This course will provide therapists with the foundational information needed to efficiently evaluate and effectively treat patients with peripheral and central vestibular disorders and with intermediate level clinical decision making skills. Emphasis will be placed on evidence based practice and understanding the physiologic rationale for therapeutic interventions. This will enhance the clinician's ability to evaluate the appropriateness and effectiveness of therapeutic interventions for common vestibular disorders. The course format will be lecture, demonstration with patient videos, and patient problem-solving sessions.

Successful completion:

Participants will complete 5 hours of self study activities in advance of this three day course (earning 22.00 contact hours + 5.0 contact hours.) These self-study activities for the course will consist of readings and an exercise to better understand content necessary to the fundamentals of the course. Participants will fill out an assessment of this material prior to the live course. During the on-site portion of the course, participants must sign in and complete an online evaluation.

WHO SHOULD ATTEND

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, and Occupational Therapy Assistants

COURSE OBJECTIVES

Upon completion of this course, participants will be able to:

- **Describe** the normal anatomy and physiology of the vestibular system.
- **Discuss** the pathophysiology of common vestibular disorders.
- **Demonstrate** an examination and **interpret** the findings to determine the diagnosis of common vestibular disorders.
- **Develop, implement and progress** an intervention program based on examination findings and knowledge of the vestibular system.

COURSE FACULTY

Robert Battista, MD

Assistant Professor of Clinical Otolaryngology in the Department of Otolaryngology Northwestern University Medical School. Dr. Battista is an otologist/neurotologist, which is a specialty devoted to the medical and surgical treatment of the ear, facial nerve and related structures. He has published over 20 articles or book chapters concerning various medical and surgical otologic/neurotologic topics.



Jonella Black, PT, MS

Program Coordinator for Vestibular Rehabilitation, NorthShore University HealthSystems in Evanston, IL. Jonella works in the outpatient clinic of Evanston Hospital specializing in the treatment of patients with vestibular and neurological disorders.



Janet Odry Helminski, PT, PhD

Professor of Physical Therapy, Midwestern University, and Staff Physical Therapist, Midwestern University – Multispecialty Clinic. Janet received her PhD from Northwestern University's Institute for Neuroscience, her advanced MS in physical therapy with an emphasis in orthopedics from Northwestern University and her BS in physical therapy from Marquette University. Her current areas of research include evaluation and treatment of atypical BPPV and differential diagnosis of central vs peripheral vestibular dysfunction. Her work has been funded by the National Institute of Health, National Institute on Aging.



Tammie Ostrowski, PT

Senior Physical Therapist, Presence St. Mary's Hospital, Kankakee IL. Tammie works in the outpatient clinic specializing in the treatment of patients with vestibular and balance dysfunction. Her primary interest is BPPV.



Heidi Roth, PT, NCS, DHS

Physical Therapist: Shirley Ryan Ability Lab
Assistant Professor: Department of Physical Therapy & Human Movement Sciences at Northwestern University

Dr. Roth received her Masters of Science in Physical Therapy from Washington University School of Medicine and Doctorate of Health Science from University of Indianapolis. She is currently an Assistant Professor in the Department of Physical Therapy and Human Movement Sciences at Northwestern University, Feinberg School of Medicine. Her clinical practice is in the outpatient neurological department at the Shirley Ryan AbilityLab, including specialization in management of adults with the diagnosis of concussions and vestibular dysfunction. She currently serves on the Task Force for the Dissemination and Implementation of the Vestibular Hypofunction Clinical Practice Guidelines through the Academy of Neurologic Physical Therapy.



AGENDA

Thursday, March 5, 2020

7:30 am Registration

10th floor
Shirley Ryan AbilityLab

Continental Breakfast
10th floor Auditorium

8:00 **Welcome, Introduction to the course, Opening Remarks**
Melissa Kolski, PT, DPT

8:15 **Anatomy & Physiology of the Vestibular System**
Janet Helminski, PhD, PT

9:30 **What is Postural Control?**
Heidi Roth, PT, NCS, DHS

10:15 **Break**

10:30 **Non-Otologic Causes of Dizziness**
Janet Helminski, PhD, PT

11:00 **Otologic Causes of Dizziness**
Janet Helminski, PhD, PT

12:00 pm **Lunch (on your own) Optional 30 Minute Tours Available**

1:00 **Evaluation of the Dizzy Patient: History and System Review**
Janet Helminski, PhD, PT

1:45 **Evaluation-Oculomotor Examination**
Janet Helminski, PhD, PT

2:45 **Break**

3:00 **Evaluation : Oculomotor Examination – Lab session**
J. Black; J.Helminski; T. Ostrowski; H Roth

4:00 **Surgical Management of the Dizzy Patient**
Robert Battista, MD

5:00 pmAdjourn

Friday, March 6, 2020

7:30 am Continental Breakfast
10th floor Auditorium

Shirley Ryan AbilityLab

- 8:00** **Review of Day 1**
- 8:15** **Benign paroxysmal positional vertigo (BPPV)
Examination, Evaluation and Treatment**
Janet Helminski, PhD, PT
- 10:15** **Break**
- 10:30** **BPPV: Examination, Evaluation and Treatment continued**
Janet Helminski, PhD, PT
- 12:00 pm** **Lunch (on your own)**
- 1:00** **BPPV: Examination, Evaluation and Treatment continued**
Janet Helminski, PhD, PT
- 1:45** **BPPV: Lab Session**
J. Black; J.Helminski; T. Ostrowski; H Roth
- 3:00** **Break**
- 3:15** **Case Discussions: How to apply it in the Clinic**
Janet Helminski, PhD, PT
- 4:00** **Problem solving session – Beginner**
H Roth; T. Ostrowski
Problem solving session – Advanced
J.Helminski; J Black
- 5:00 pm** **Adjourn**

Saturday, March 7, 2020

- 7:30 am** Continental Breakfast
10th Floor Auditorium
Shirley Ryan AbilityLab
- 8:00** **Integration of Days 1&2**
- 8:15** **Interventions for Unilateral and Bilateral Peripheral Vestibular Deficits**
Jonella Black, PT, MS
- 10:00** **Break**
- 10:15** **Problem Solving Session – Vestibular Hypofunction**
J. Black; J.Helminski; T. Ostrowski; H Roth
- 11:45** **Lunch (on your own)**

12:45 pm	Interventions for Central Vestibular Dysfunction Tammie Ostrowski, PT
1:45	Concussion & Migraine Janet Helminski, PhD, PT
2:30	Break
2:45	Concussion Case Example Jonella Black, PT, MS
3:15	Clinical reasoning and problem solving: Case examples Janet Helminski, PhD, PT
4:00	Review of 3 days : Question and Answer
4:30pm	Adjourn

TUITION FOR 27.0 CEUs

Early Bird Registration (Up to Dec. 12, 2019)	\$900
Registration Fee (after Dec. 12, 2019)	\$1000

LOCATION

The program will be held at the Shirley Ryan AbilityLab. The conference site is wheelchair accessible. Accessible materials, sign language interpretation and personal assistance are available with at least 45-days advance notice.

HOUSING

Rooms have been reserved at the Hyatt Centric Chicago Magnificent Mile, 633 North St. Clair, Chicago, Illinois, 60611.

The Hyatt Centric Chicago Magnificent Mile is located 1½ blocks from the Shirley Ryan AbilityLab. Please contact their reservation agent from 9:00 am until 5:00 pm at (888) 591-1234 and ask for the Shirley Ryan AbilityLab Vestibular Rehabilitation course (Group Code G-VRHB) or make your reservation online using this link: <https://www.hyatt.com/en-US/group-booking/CHIMM/G-VRHB>. The corporate rate is \$149.00 for a Deluxe Guestroom (single or double occupancy) plus *17.4% tax. The daily rate for parking at the Hyatt Chicago is *\$69.00/day with in and out privileges. **The cut-off date for room reservations is February 5, 2020.** Please note that the room block could reach its maximum before the cut-off date. Rooms and rates revert to a space-available basis after the room block has reached its maximum or after the cut-off date (whichever comes first.) *The rates for parking and taxes are subject to change without advanced notice.

CANCELLATION POLICY

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until **February 27, 2020**. The Academy reserves the right to cancel or change any programs for due cause. Cancellation of a program by the Academy will result in a full refund of tuition. The Academy is not responsible for the refund of travel or hotel expenses under any circumstance.

IMPORTANT REGISTRATION INFORMATION

Registrations will be taken in the order in which tuition checks or credit card information is received. We highly encourage you to register online as these are processed more quickly than mailed or faxed registrations. **Full Tuition must accompany the registration form in order to confirm a place in this course.** Until you receive your **confirmation letter**, you are not officially registered for the course. For online registrations, you will receive email confirmation on the day that you register. For registrations received by standard mail or fax, the confirmation may take up to 3 weeks after we receive your registrations. If you do not receive confirmation within this period, please call 312-238-6042.

Do not make airline reservations that have cancellation penalties until we confirm your registration. However, you should make hotel reservations as soon as possible.

One week prior to the course, only internet registrations and faxed registrations that include an email will be accepted. Please note that the course could reach its maximum enrollment before this time.

CONTINUING EDUCATION CREDIT

Physical Therapy

This course has been approved by the Illinois Physical Therapy Board for 27 Contact Hours (5.0 Hours Self-Study 22.0 Live).

The Shirley Ryan AbilityLab is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. This three-day course has been approved for 27.00 Contact Hours (5.0 Hours Self-Study 22.0 Live).

Occupational Therapy

The Shirley Ryan AbilityLab is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This intermediate level program awards occupational therapists 2.20 CEUs or 22 contact hours + 5.0 Self-study hours for a total of 27.0 contact hours. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Classification Code: Category 2; Occupational Therapy Process – Evaluation and Intervention.



Athletic Training



The Shirley Ryan AbilityLab BOC Approved Provider Number: P794 is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 22.0 live + 5 self study Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program. According to the education levels described by the PDC, this continuing education course is considered to be Advanced Level.

We'd like to extend a special thank you to Merz for their educational grant which supports the Academy at the Shirley Ryan AbilityLab and helps us pull together programs such as this.



Register Online at www.sralab.org or complete the form below and return with payment

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Early Bird Tuition: \$900 Until December 12, 2019
After Dec 12th Tuition : \$1000

Mail to: Academy
Shirley Ryan AbilityLab
355 E. Erie Street, Suite 12-West
Chicago, Illinois 60611

Please TYPE or PRINT your name and professional initials (MD, OT, PT, RN, etc.) as you would like them to appear on your continuing education certificate.

First Name _____ Last Name _____
Home Phone (_____) _____ Prof. Initials _____
Home Address _____
City _____ State _____ Zip _____
Organization/Facility _____
Work Address _____
City _____ State _____ Zip _____
Work Phone (_____) _____ Fax (_____) _____
Position _____
E-mail (required) _____

Please note: registration will not be processed without full payment.

Method of Payment: Check enclosed (**Payable to: Shirley Ryan AbilityLab**)
 Credit Card

Credit Card Users Must Complete the Following Information:

MasterCard VISA American Express

Credit Card # _ _ _ _ - _ _ _ _ - _ _ _ _ - _ _ _ _

Expiration Date _ _ / _ _ CVV _ _ _ (security code on back of card)

Name on Card _____

Billing Address _____

City _____ State _____ Zip _____

Cardholder's Signature _____

Credit card registrations may be mailed or faxed to: 312-238-4451.