



Vestibular Rehabilitation:

Theory, Evidence and Practical Application

March 14-16, 2019
Shirley Ryan AbilityLab
355 East Erie Street
Chicago, IL 60611

Shirley Ryan
Abilitylab

Vestibular Rehabilitation:

Theory, Evidence and Practical Application

The Academy is the not-for-profit, educational arm of the Shirley Ryan AbilityLab (formerly known as the Rehabilitation Institute of Chicago). Since 1953, the Academy has strived to advance the ability of healthcare professionals through our continuing education programs. Whether you are a seasoned veteran in the field of rehabilitation or a new graduate, our faculty are committed to helping you learn and apply the latest research and therapeutic approaches. We are excited that you share our passion for improving patient outcomes and hope you will continue to invest in your career by joining us for this program.

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 videotapes, and patient problem-solving sessions.

Successful completion:

Participants will complete 5 hours of self study activities in advance of this three day course (earning 21.75 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.

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/neurologic 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.



Katherine M Martinez, PT, PhD, NCS

Assistant Professor, Department of Physical Therapy & Human Movement Sciences, Northwestern University, Feinberg School of Medicine. Kathy is a Board Certified Specialist in Neurologic Physical Therapy, and has worked in the treatment of patients with vestibular and balance deficits. She received her physical therapy degree from Rosalind Franklin and her doctor of philosophy degree from Nova Southeastern University. Kathy has been involved in several National Institute of Health, National Institute on Aging funded research studies on balance and falls with Mark W. Rogers, PT, PhD and has several publications and presentations on the topic.



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.



AGENDA

Thursday, March 14, 2019

7:30 am Registration

10th floor
Shirley Ryan AbilityLab

Continental Breakfast
10th floor Auditorium

8:00 **Welcome and Opening Remarks**
Melissa Kolski, PT, OCS, Dip MDT

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

9:30 **What is Postural Control?**
Kathy Martinez, PT, PhD, NCS

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)**

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; K. Martinez; T. Ostrowski

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

5:00 pmAdjourn

Friday, March 15, 2019

7:30 amContinental Breakfast

10th floor Auditorium
Shirley Ryan AbilityLab

- 8:00 **Review of Day 1**
- 8:15 **Postural Control : What Should We Test?**
Kathy Martinez, PT, PhD, NCS
- 9:00 **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
- 2:30 **Break**
- 2:45 **BPPV: Lab Session**
J. Black; J. Helminski; K. Martinez; T. Ostrowski
- 4:00 **Problem solving session - Evaluation**
J. Black; J. Helminski; K. Martinez; T. Ostrowski
- 5:00 pm **Adjourn**

Saturday, March 16, 2019

- 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; K. Martinez; T. Ostrowski
- 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
4:00	Review of 3 days : Question and Answer
4:30pm	Adjourn

TUITION FOR 26.5 CEUs

Early Bird Registration (Up to Dec. 20, 2018)	\$900
Registration Fee (after Dec. 20, 2018)	\$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 room block or make your reservation online using this link: <https://www.hyatt.com/en-US/group-booking/CHIMM/G-SRVR>. The corporate rate is \$129.00 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 13, 2019.** 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 **March 7, 2019**. 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 time 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 26.50 Contact Hours (5.0 Hours Self-Study 21.5 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 26.50 Contact Hours (5.0 Hours Self-Study 21.5 Live).

Occupational Therapy

The Rehabilitation Institute of Chicago is an approved provider for the American Occupational Therapy Association to offer education in occupational therapy.



**APPROVED PROVIDER of
CONTINUING EDUCATION**
by The American Occupational
Therapy Association, Inc.

continuing



This intermediate level program awards occupational therapists 2.175 CEUs or 21.75 contact hours + 5.0 Self-study hours for a total of 26.75 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.

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 21.75 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.

THANK YOU!!!!

We'd like to extend a special thank you to Merz for their unrestricted 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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After Dec 20th Tuition : \$1000**

**Mail to: Academy
Shirley Ryan AbilityLab
355 E. Erie Street, 12th floor
Chicago, Illinois 60611**

Please TYPE or PRINT your name and professional initials (OT, PT) 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.