

Vestibular Rehabilitation

Theory, Evidence and Practical Application

March 5,12,19th, 2021

3 DAY ONLINE COURSE

Shirley Ryan AbilityLab

355 East Erie Street

Chicago, IL 60611

Shirley Ryan
Abilitylab



Vestibular Rehabilitation: Theory, Evidence and Practical Application

COURSE DESCRIPTION

This online 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 5.5 hours of on-demand didactic self study modules, and 4 hours of readings and self-study in advance of this three day online course (earning 20.0 live contact hours + 9.5 self-study contact hours.) These self-study activities for the course will consist of readings and learning activities to better understand content necessary to the fundamentals of the course. Participants will complete a self-assessment and evaluation of this material prior to the live course. During the online portion of the course, participants must enter a code for morning and afternoon sessions and complete an online course evaluation.

WHO SHOULD ATTEND

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

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, Amita 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

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.



PRE-COURSE WORK

4 required readings with quiz to follow

ON-DEMAND LECTURES

- 2.0 hours **Anatomy & Physiology of the Vestibular & Oculomotor Systems:**
Janet Helminski, PhD, PT
- 1.0 hour **Evaluation of the Dizzy Patient: History and System Review**
Janet Helminski, PhD, PT & Article (TiTrate)
- .5 hours **How to Perform an Oculomotor Examination and Positional Testing Videos**
Janet Helminski, PhD, PT
- .5 hours **Translating Motor Learning to Treatment of Peripheral Vestibular Hypofunction**
Janet Helminski, PhD, PT
- 1.0 hour **Surgical Management of the Dizzy Patient**
Robert Battista, MD
- .5 hours **Problem-Solving Cases**
Jonella Black, PT

Total = 5.5 hours

AGENDA

Friday March 5, 2021

7:30 am Waiting Room

Zoom Platform

- 8:00 **Welcome, Introduction to the course, Opening Remarks**
Melissa Kolski, PT, DPT
- 8:15 **Vestibular Anatomy and Physiology – Clinical Application**
Janet Helminski, PhD, PT
- 9:15 **What is Postural Control?**
Heidi Roth, PT, NCS, DHS
- 10:00 **Break**
- 10:30 **Non-Otologic Causes of Dizziness**
Janet Helminski, PhD, PT
- 11:30 **Otologic Causes of Dizziness**
Janet Helminski, PhD, PT

12:30 pm Lunch (on your own)

1:30 Evaluation-Oculomotor Examination
Janet Helminski, PhD, PT

2:45 Break

3:15 Evaluation : Oculomotor Examination Continued & Lab session

4:45 Question and Answer with Dr Robert Battista, MD

5:00 pmAdjourn

Friday, March 12, 2021

7:45 amWaiting Room
Zoom Platform

8:00 Oculomotor Lab Session: Review of Day 1

8:15 Benign paroxysmal positional vertigo (BPPV)
Examination, Evaluation and Treatment Lecture and Lab
Janet Helminski, PhD, PT

10:00 Break

10:30 BPPV: Examination, Evaluation and Treatment Lecture and Lab
Janet Helminski, PhD, PT

12:15 pm Lunch (on your own)

1:15 Problem Solving Session Evaluation
J. Black, J.Helminski, T.Ostrowski, H. Roth

2:30 Interventions for Peripheral Vestibular Hypofunction: Unilateral & Bilateral Vestibular
Deficits
Jonella Black, PT, MS

3:15 Break

3:45 Interventions for Peripheral Vestibular Hypofunction: Unilateral & Bilateral Vestibular
Deficits (Continued)
Jonella Black, PT, MS

4:45 Adjourn

Friday, March 19, 2021

7:45 Waiting Room
Zoom Platform

- 8:00 **Review of Cases : BPPV**
- 8:30 **Interventions for Central Vestibular Dysfunction**
Tammie Ostrowski, PT
- 9:30 **Break**
- 10:00 **Problem Solving Session – Vestibular Hypofunction**
J. Black; J.Helminski; T. Ostrowski; H Roth
- 11:15 **Concussion**
Janet Helminski, PhD, PT
- 12:00 **Migraine**
Janet Helminski, PhD, PT
- 12:30 **Lunch**
- 1:30 **Clinical reasoning and problem solving: Case examples**
Janet Helminski, PhD, PT
- 2:30 **Break**
- 3:00 **Putting it all together : A Case Discussion : Break out Sessions**
J. Black; J.Helminski; T. Ostrowski; H Roth
- 4:00 **Intricacies of Differential Diagnosis**
- 4:30 **Adjourn**

TUITION FOR 29.5 CEUs

Early Bird Registration (Up to Dec. 10, 2020)	\$700
Registration Fee (after Dec. 10, 2020)	\$800

LOCATION

The program will be held virtually on the Zoom platform. Accessible materials, sign language interpretation and personal assistance are available with at least 45-days advance notice.

CANCELLATION POLICY

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until **February 26, 2021**. 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.

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.

One week prior to the course, only internet registrations and faxed registrations that include an email will be accepted.

CONTINUING EDUCATION CREDIT

Physical Therapy

This course has been approved by the Illinois Physical Therapy Board for 29.5 Contact Hours (9.5 Hours Self-Study 20.0 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 29.5 Contact Hours (9.5 Hours Self-Study 20.0 Live).

The following states require continuing education units or contact hours with no state specific approval: CT, IA, and WA

Occupational Therapy



The Shirley Ryan AbilityLab is an AOTA Approved Provider of professional development. Course approval ID# 00842. This hybrid course (both distance learning – independent and interactive) is offered at 29.5 CEUs [intermediate, OT Service Delivery/Foundational Knowledge]. AOTA does not endorse specific course content, products, or clinical procedures.

Athletic Training



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 20.0 live + 9.5 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.

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

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Early Bird Tuition: \$700 Until December 10, 2020
After Dec 10th Tuition : \$800

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. Email mkolski@sralab.org with questions