

Vestibular Rehabilitation

Theory, Evidence & Practical Application

March 5, 12 & 19, 2021



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.

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Agenda

Friday, March 5

- 8:00 AM** Welcome and Opening Remarks
Melissa Kolski, PT, DPT, OCS, Dip MDT
Education Program Manager
- 8:15 AM Vestibular Anatomy and Physiology – Clinical Application
Janet Helminski, PhD, PT
- 9:15 AM What is Postural Control?
Heidi Roth, PT, NCS, DHS
- 10:30 AM** Break
- 11:30 AM Otologic Causes of Dizziness
Janet Helminski, PhD, PT
- 12:30 PM** Lunch Break
- 1:30 PM Evaluation-Oculomotor Examination & Lab session
Janet Helminski, PhD, PT
- 2:45 PM** Break
- 3:15 PM Evaluation : Oculomotor Examination Continued & Lab session
- 4:45 PM Question and Answer with Robert Battista, MD
- 5:00 PM** End of Day 1

[Click Here](#) for Day 1
Morning Zoom Link

[Click Here](#) for Day 1
Afternoon Zoom Link

Friday, March 12

- 8:00 AM Oculomotor Lab Session: Review of Day 1
- 8:15 AM Benign paroxysmal positional vertigo (BPPV)
Examination, Evaluation and Treatment Lecture and Lab
Janet Helminski, PhD, PT
- 10:00 AM** Break
- 10:30 AM BPPV: Examination, Evaluation and Treatment Lecture and Lab
Janet Helminski, PhD, PT
- 12:15 PM** Lunch Break
- 1:15 PM Problem Solving Session Evaluation
J. Black, J.Helminski, T.Ostrowski, H. Roth
- 2:30 PM Interventions for Peripheral Vestibular Hypofunction: Unilateral & Bilateral Vestibular Deficits
Jonella Black, PT, MS
- 3:15 PM** Break
- 3:45 PM Interventions for Peripheral Vestibular Hypofunction: Unilateral & Bilateral Vestibular Deficits (Continued)
Jonella Black, PT, MS
- 4:45 PM** End of Day 2

[Click Here](#) for Day 2
Morning Zoom Link

[Click Here](#) for Day 2
Afternoon Zoom Link

Agenda

Friday, March 19

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

[Click Here](#) for Day 3
Morning Zoom Link

[Click Here](#) for Day 3
Afternoon Zoom Link

We would like to thank Merz for their educational grant which supports the Academy at the Shirley Ryan AbilityLab and helps us pull together programs such as this.

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.

Continuing Education

Claiming CEU Credit

To claim CEUs, The Academy requires each participant to actively engage in the course, log attendance codes provided during the live sessions and complete a course evaluation online on the Academy website (ric.litmos.com).

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/Foundation 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.



Quick Links

March 5, 2020

Zoom Link — Morning Session

<https://us02web.zoom.us/j/84657524379?pwd=ZDN2R1dDYWp0MHh0YVdKKzBZd1FGUT09>

Zoom Link — Afternoon Session

<https://us02web.zoom.us/j/81795820570?pwd=Z1djeDA1a3B3TG9WUWxTZW5tcmo1dz09>

March 12, 2021

Zoom Link — Morning Session

<https://us02web.zoom.us/j/84627716798?pwd=bUVuMURIVjZxNnAOYjRheDdnNjFSZz09>

Zoom Link — Afternoon Session

<https://us02web.zoom.us/j/82401770587?pwd=SG00Y3VtT2hzT3pEQIE1TTFLcVBldz09>

March 19, 2021

Zoom Link — Morning Session

<https://us02web.zoom.us/j/81783128361?pwd=dTJRWkNqZi9NSHo5NVRDUFRaemU5Zz09>

Zoom Link — Afternoon Session

<https://us02web.zoom.us/j/88535546460?pwd=ZlZSVDU1QnlZL2VXajBwTm10dUllUT09>

PLEASE NOTE: Zoom Passcode for all sessions is Vest21

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