

Elite Rehabilitation Solutions, LLC  
2820 Audubon Village Drive  
Suite 330  
Audubon, PA 19403

Address Correction Required

**SAVE THE DATE!**  
**Advances in Management of BPPV**  
**Oct 30, 2010**  
**Shoulder & Elbow Update**  
**11/12-11/14/2010**

# Vestibular Rehabilitation: Evidence Based Approach to Evaluation and Treatment of the Dizzy Patient

October 9-10, 2010

Valley Forge, PA

Michael J Ruckenstein, MD  
Anne K Galgon, PT, MPT, NCS  
Elizabeth Grace, MSPT, NCS

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## COURSE FACULTY

MICHAEL J. RUCKENSTEIN, MD is Professor of Otorhinolaryngology at the Hospital of the University of Pennsylvania and Penn School of Medicine and Director of the implantable hearing program and residency and training program at the University of Pennsylvania. He is fellowship trained in Otolaryngology, Skull based surgery, and Neurotology. Dr. Ruckenstein has been selected by "Best Doctors in America" and has published several peer-reviewed & research articles. He has presented and lectured on the management of the dizzy patient including the affect that Meniere's Disease, hearing loss, and anxiety have on these patients at various local, national and international conferences.

ANNE K GALGON, PT, MPT, NCS is an assistant professor in the physical therapy program at Neumann College. She holds her certificate of competency in Vestibular Rehabilitation from APTA/Emory University and is an APTA Neurology Clinical Specialist. She received her PhD at Drexel University in Movement Science. Ms. Galgon's clinical work and interest are at the Balance Center and MS clinic at Hospital of University of Pennsylvania.

ELIZABETH GRACE, MSPT, NCS is a Neurologic Team Leader in the University of Pennsylvania Health System prior to 6/30/2008 and GSPP as of 7/1/2008. She holds her certificate of competency in Vestibular Rehabilitation from APTA/Emory University and is an APTA Neurology Clinical Specialist. She is an adjunct instructor and guest lecturer at Arcadia, Neumann, and Susan Herdman's Competency based vestibular course. She is completing her PhD at Temple University in Physical Therapy.

Vestibular Rehabilitation: Evidence Based Approach for the dizzy patient

October 9-10  
2010

### Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Medical Specialty:  PT  PTA  OT  
 ATC  Other (list): \_\_\_\_\_

Experience:  0-2 years  3-5 years  
 5-10 years  11-20 years  > 20 years

### Registration Fee:

On or before 9/11/2009 \$375.00

On or after 9/12/2009 \$425.00

Register online at:

[www.eliterehabsolutions.com](http://www.eliterehabsolutions.com)

Make check payable to:

*Elite Rehabilitation Solutions*

Mail this completed form and payment to:  
**ELITE REHABILITATION SOLUTIONS**  
2820 Audubon Village Drive  
Suite 330

Audubon, PA 19403

Phone: 484-685-3123

Fax: 610-635-0487

E-mail: [info@eliterehabsolutions.com](mailto:info@eliterehabsolutions.com)

**COURSE DESCRIPTION:**

This 2 day course is designed to provide participants with the latest evidence and foundation to efficiently evaluate and treat common peripheral, central and non otologic vestibular disorders. This program will place emphasis on understanding vestibular anatomy, physiology and pathophysiology in order to develop effective and evidence based therapeutic interventions. This program will feature an integrated format of lecture, lab, case studies, and open discussion. There will be both a pre-test and a post-test on the material presented.

**COURSE OBJECTIVES:**

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

- Describe anatomy & physiology of balance system.
- Identify pathologies associated with complaints of imbalance/dizziness
- Demonstrate knowledge of patient history, screen and selection of test/ measures to complete comprehensive evaluation of dizzy patient.
- Using case scenarios, interpret examination findings and develop a clinical impression, treatment plan, and prognosis for patient outcomes.
- Determine when appropriate referrals are required to other health care providers, agencies or resources.
- Demonstrate understanding of the effects that co-morbidities such as anxiety and migraines will affect patient presentation, interventions and outcomes of vestibular rehabilitation.

## Course Agenda

Day 1:

- 7:30 am Registration, Continental Breakfast
- 8:00am Welcome & Pre-test
- 8:30 am Anatomy & Physiology
- 9:30 am Differential Diagnosis- Vestibular Pathology
- 10:15 am Break
- 10:30 am Patient Interview
- 11:00 am Clinical Exam:
- Oculomotor Exam
  - Vestibulo-ocular interaction tests
  - Positional/ Movement Sensitivity tests
  - Postural control and balance assessment
  - Functional Outcome Tools
- 12:00 pm LUNCH
- 1:00 pm Clinical Examination (contd) Lab and Video
- 3:00 pm Break
- 3:15 pm Medical Management of Dizzy Patient—ENT perspective
- 3:45 pm Pharmacologic Management
- 4:15 pm Surgical Interventions of the Dizzy patient
- 5:00 pm Panel Discussion, case studies & Questions
- 5:30 pm Adjourn

Day 2:

- 8:00 am Interpretation of Examination Findings
- 9:00 am Treatment Principles and Planning
- 9:45 am Break
- 10:00 am Treatment Strategies (lecture, lab, video)
- Gaze stabilization
  - Movement sensitivity
  - Visual motion sensitivity
  - Postural control
  - Functional testing
  - Deconditioning
- 12:15 pm LUNCH
- 1:00 pm Interface between Anxiety and Dizziness
- 2:00 pm BPPV assessment and treatment
- 3:15 pm Break
- 3:30 pm BPPV Assessment & treatment cont'd) - lab
- 4:15 pm Case Studies
- 4:45 pm Questions and Post test
- 5:15 pm Adjourn

**ACCREDITATION INFORMATION:**

Approved in PA for 14 contact hours (1.4 CEU) with 10 hours applicable for Direct Access. Resubmission for approval by NJSBPTE 14 contact hours or 1.4 CEU

**Course Location:**

**Homewood Suites Valley Forge**

681 Shannondell Boulevard  
Audubon, PA 19403

Rooms have been reserved at a conference rate until 9/10/2010:

Studio: \$109

1 Bedroom Suite: \$139

Hotel Registration: 610-539-7300

(standard hotel rates apply after 9/10/2010)

**Registration Information:**

Registration for this course includes course handouts, continental breakfast, afternoon snack. Lunch is on your own.

**Cancellation Policy:**

Registration fees will be refunded less a \$50.00 handling fee with written cancellation up to 2 weeks prior to course. No refunds after 2 weeks prior to course

Can't make it to an onsite course? Check out our innovative e-learning program. No more reading monographs to achieve home study credits. Our courses allow you to view the lecture and listen to the instructor from wherever you can access the internet!! It's like being there!!

**Currently Available:**  
Shoulder Anatomy

An Algorithm for Rehabilitation of the Shoulder

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