

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

October 22-23, 2011

Galloway, NJ

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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 Temple University. 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. Dr. Galgon's clinical work and interest are at the Balance Center and MS clinic at Hospital of University of Pennsylvania and Moss Rehabilitation

ELIZABETH GRACE GEORGELOS, 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

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### Registration Form

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_

- All Confirmation sent by Email . Add [dhleggin@eliterehabsolutions.com](mailto:dhleggin@eliterehabsolutions.com) to address book to ensure delivery\*
- 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 9/30/2011 \$399.00  
 On or after 10/1/2011 \$450.00

Register online at:

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

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Mail this completed form and payment to:  
**ELITE REHABILITATION SOLUTIONS**  
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 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, pretest
- 8:00am Anatomy and Physiology
- 9:00 am Differential Diagnosis- Vestibular Pathology
- 10:00 am Questions/ Discussion/ Break
- 10:15 am Patient Interview
- 10:45 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
- 12:45 pm Clinical Examination Lab and Video
- 2:30 pm Break
- 2:45 pm Interpretation of Exam Findings
- 3:30 pm Medical , Pharmacologic, Surgical Management of Dizzy Patient—ENT perspective
- 5:00 pm Panel Discussion, case studies & Questions
- 5:30 pm Adjourn

**Day 2:**

- 7:30 am Registration/ Breakfast
- 8:00 am Treatment Principles and Planning
- 8:30 am Treatment Strategies (lecture, lab, video)
- Gaze stabilization
  - Movement sensitivity
  - Visual motion sensitivity
  - Postural control
  - Functional testing
  - Deconditioning
- 9:30 am Treatment Strategies (lab/video)
- 10:15 am Break
- 10:30 am Progressions of Vestibular Rehabilitation Treatment Programs—Algorithm to Treatment
- 11:15 am Interface between Anxiety and Dizziness
- 12:00 pm LUNCH
- 12:45 pm Management of BPPV Examination and interventions (lecture)
- 2:00 pm Management of BPPV—lab
- 3:00 pm Break
- 3:15 pm BPPV Case Studies: The Clinical Presentation
- 3:45 pm Problem Solving: Challenging Case Studies ( central vestibular dysfunction, migrainous vertigo, cervicogenic dizziness, postcondussive syndrome)
- 4:45 pm Questions and Post test
- 5:00 pm Adjourn

**ACCREDITATION INFORMATION:**

Approved in NJ for 14 credit hours (1.4 CEU). Approved in PA for 15 credit hours with 10 hours applicable for Direct Access.

**Course Location:**

The Richard Stockton College of NJ  
101 Vera King Ferris Drive  
Wing F Room 103B  
Galloway, NJ 08205

**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 date.

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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