

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

April 19-20, 2013  
Premier Orthopedics  
Glen Mills, PA 19342

September 20-21, 2013  
Fox Education Center  
Cherry Hill, NJ 08003

Speakers:  
Anne K Galgon, PhD, MPT, NCS  
Elizabeth Grace Georgelos, MSPT, NCS

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## COURSE FACULTY

ANNE K GALGON, PhD, PT, 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.

Course Contributor  
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 Neurology. 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

### Registration Form

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

- All Confirmation sent by Email .  
Add dhleggin@eliterehabsolutions.com to address book to ensure delivery\*  
Specialty:  PT  PTA  OT /COTA  ATC  Other (list): \_\_\_\_\_  
Experience:  0-2 years  3-5 years  
 5-10 years  11-20 years  > 20 years  
Date:  April 19-20, 2013  
 September 20-21, 2013

### Registration Fee:

Before 3 weeks prior: \$399.00  
After 3 weeks prior: 3/29 or 8/30 \$450.00  
Register online at:  
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

### COURSE DESCRIPTION:

This course is designed with 1.5 onsite lecture/lab and 3.5 hours of on line learning. On line learning is available 2 weeks prior to course date, and must be completed prior to arrival of course.

This 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.

This course is applicable for PT, PTA, OT, COTA, ATC interested in expanding knowledge of vestibular rehabilitation. Instruction level is beginner through intermediate and is applicable for the therapist treating without a referral.

### COURSE OBJECTIVES:

- 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 and their affect patient presentation, interventions and outcomes of vestibular rehabilitation.

### Pre Course Attendance Lectures

Following lectures will be available 2 weeks prior to course date. Complete prior to attendance. Print course completion documents and submit with on site registration

- **Anatomy and Physiology (1 hour)**
- **Differential Diagnosis—Vestibular Pathology (1 hour)**
- **Patient Interview (.5 hour)**
- **Medical, Surgical, Pharmacologic Management from ENT perspective (1 hr)**

We will not be able to allocate course CEU's for completion of this course portion until forms are received. We will modify CEU certificates by 3.5 hours at a \$25/certificate fee.

## Course Agenda

### Day 1:

2:00 pm Registration and Pretest

2:30 pm Questions Regarding Distance Viewed Lectures

2:45 pm Clinical Exam:

- Oculomotor Exam
- Vestibulo-ocular interaction tests
- Positional/ Movement Sensitivity tests
- Postural control and balance assessment
- Functional Outcome Tools

4:30 pm BREAK

4:45 pm Clinical Exam (Lab and Video )

6:00 pm Interpretation of Exam Finding

6:45 pm Adjourn

### Day 2:

7:30 am Registration/ Breakfast

8:00 am Clinical Decision Making Using Case Studies

8:30 pm Management of BPPV— Examination/ Intervention

9:30 pm BPPV Case Studies: The Clinical Presentation

10:00 am Break

10:15 am BPPV: Lab

11:15 am Treatment Principles, planning and Strategies (lecture, lab, video)

- Gaze stabilization
- Movement sensitivity
- Visual motion sensitivity
- Postural control
- Functional testing
- Deconditioning

12:00 pm LUNCH

12:45 am Treatment Strategies (continued) (lab/video)

2:45 pm Progressions of Vestibular Rehabilitation Treatment Programs—Algorithm to Treatment

3:30 pm BREAK

3:45 pm Interface between Anxiety and Dizziness

4:45 pm Critical Thinking: Challenging Case Studies ( central vestibular dysfunction, cervicogenic dizziness, postconcussive syndrome

5:30 pm Questions, Post test, Adjourn

### ACCREDITATION INFORMATION:

Course approved in following states:  
NJ for 15 credit hours #229-2012  
PA for 15 credit hours -10 hours applicable for Direct Access. PTCE002038

New York & NATABOC

### Course Location:

**April 19-20, 2013**

Premier Orthopedic  
300 Evergreen Drive  
Glen Mills, PA 19342

**September 20-21, 2013**

Fox Education Center  
7 Carnegie Plaza  
Cherry Hill, NJ 08003

Lodging (options only not Elite endorsed):

**Glen Mills, PA—April 2013**

**Staybridge Suites (1.0 mi)**

400 Evergreen Dr  
Glen Mills, PA 19342  
610-358-2560

**Hampton Inn (1.17 miles)**

40 State Farm Dr.  
Glen Mills, PA 19342  
484-233-5400

**Cherry Hill, NJ—September 2013**

**Residence Inn—Cherry Hill**

821 Old Cuthbert road  
800-331-3131

**Crown Plaza—Cherry Hill**

2349 Marlton Pike W  
856-665-6666

### Registration Information:

Registration for this course includes on site lecture handouts, snack and continental breakfast. Lunch is on your own. On line lectures are available for downloading.

### Cancellation Policy:

Registration fees will be refunded less a \$75.00 handling fee with written cancellation up to 2 weeks prior to course. No refunds after 2 weeks prior to course date.