

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

Date: June 3-4, 2016

Location  
Penn Medicine at Valley Forge

### Speakers:

Anne K Galgon, PhD, MPT, NCS  
Wendy Webb Schoenewald, PT, OCS

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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.

**WENDY WEBB SHOENEWALD, PT, OCS** Is owner of WWS Physical Therapy since 1999 in Doylestown, PA. She specializes in vestibular and concussion management. Her practice is participating in clinical trial for management of lateral canal BPPV. She has presented locally and nationally as well as teaching at Herdman Vestibular Certification class.

**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.

Course Contributor— distance learning  
**MICHAEL J. RUCKENSTEIN, MD** is Professor of Otorhinolaryngology at the Hospital of the University of Pennsylvania and Penn School of Medicine 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.

**SHERRIE DAVIS**, Audiologist is Associate Clinical Director of Audiology and Dizziness and Balance Center at University of Pennsylvania.

## 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\*

Specialty:  PT  PTA  OT /COTA

ATC  Other (list): \_\_\_\_\_

Experience:  0-2 years  3-5 years

5-10 years  11-20 years  > 20 years

### Registration Fee:

Before 3 weeks prior: \$425.00

After 3 weeks prior: \$475.00

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 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 and central disorders, plus additional content on physiology of concussion and concussion - specific assessment and treatment planning strategies. 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.

## By end of course, Participant will meet following COURSE OBJECTIVES:

- Describe anatomy & physiology of balance system including terminology regarding peripheral versus central nervous system structures.
- Identify at least 3 pathologies associated with complaints of imbalance/dizziness for developing differential diagnosis
- Perform correct patient history, screen and selection of test/measures to complete comprehensive evaluation of dizzy patient, identify "red flags", and peripheral versus central dysfunction.
- Appropriately perform oculomotor, postural control, and BPPV testing techniques
- Using case scenarios and discussion, interpret examination findings and develop a clinical impression, treatment plan, goals and prognosis for patient outcomes.
- Determine when appropriate referrals are required to other health care providers, agencies or resources.

## COURSE OBJECTIVES (continued):

- Identify at least 3 co-morbidities and their affect on patient presentation, interventions and outcomes of vestibular rehabilitation
- Describe and analyze basic physiology of concussion and expected course of recovery
- Identify at least 2 special aspects of vestibular exam for patient with concussion
- Identify and describe algorithm for treatment and return to play for sports concussion.
- Demonstrate 3 vestibular rehab treatment techniques to address concussive symptoms

- Identify 3 basic vestibular clinical tests

### 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)**
- **Core/ Basic Vestibular Testing (1.5 hr)**
- **Patient Interview (.5 hour)**
- (as updated and available) Medical, Surgical, Pharmacologic Management from ENT perspective (1 hr)- not valued in ceu

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:**

**7:30 am** Registration and Pretest

**8:00 am** Q/A distance learning

Clinical Exam: (lecture, lab, video)

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

**10:15 am** Break

**10:30 am** Interpretation of Exam Finding

**11:30 am** Treatment Principles, planning and Strategies (lecture/lab/video)

- Gaze stabilization
- Movement sensitivity
- Visual motion sensitivity
- Postural control
- Functional testing
- Deconditioning
- Algorithm for treatment progression

**12:30 pm** LUNCH (on own)

**1:30 pm** Treatment Strategies (continued)

**2:30 pm** Clinical Decision Making Using Case Studies

**3:00 pm** Break

**3:15 pm** Management of BPPV- Exam and Intervention

**4:15 pm** BPPV Lab

**5:30 pm** Adjourn

### **Day 2:**

**7:30 am** Registration

**8:00 am** Concussion: What we need to know

- Introduction
- Physiology
- Recovery
- Neuropsychological testing
- Return to play

**8:45 am** Concussion-specific aspects of PT examination, including but not limited to:

- King-Devick test
- Balance and postural control testing
- Exertion testing
- Outcome measures specific to concussion Patients

**9:30 am** Treatment planning and progression Application of Vestibular Rehab techniques concussion patients Implementing Return to play protocols

**10:45 am** Break

**11:00 am** Critical Thinking: Challenging Case Studies

**12:00 pm** Questions, Post test

**12:15 pm** Adjourn

## ACCREDITATION INFORMATION:

PA for 15 credit hours -PTCE007140

Elite is a NYS approved provider

NJ for 15 credit hours (#608-2014) resubmission pending for 2/1/16 to 1/31/2018

### Course Location:

**Penn Medicine Valley Forge**  
**1001 Chesterbrook Blvd**  
**Berwyn, PA 19312**

**Lodging** (not endorsed by Elite):

**Embassy Suites Philadelphia- VF**  
**888 Chesterbrook Blvd**  
**Wayne, PA 19087**  
**610 647 6700**  
**embassywuites3.hilton.com**

### Registration Information:

Registration for this course includes on site lecture handouts and light refreshment. Lunch is on your own. On line lectures are available for downloading handouts.

### 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.