Vestibular Rehabilitation
Theory, Evidence and Practical Application

March 4,11,18th 2022

3 DAY ONLINE COURSE
Shirley Ryan AbilityLab
355 East Erie Street
Chicago, IL 60611
Vestibular Rehabilitation: Theory, Evidence and Practical Application

COURSE DESCRIPTION

This online course will provide therapists with the foundational information needed to efficiently evaluate and effectively treat patients with peripheral and central vestibular disorders and with intermediate level clinical decision making skills. Emphasis will be placed on evidence based practice and understanding the physiologic rationale for therapeutic interventions. This will enhance the clinician’s ability to evaluate the appropriateness and effectiveness of therapeutic interventions for common vestibular disorders. The course format will be lecture, demonstration with patient videos, and patient problem-solving sessions.

Successful completion:
Participants will complete 5.5 hours of on-demand didactic self study modules, and 4 hours of readings and self-study in advance of this three day online course (earning 21.5 live contact hours + 9.5 self-study contact hours.) These self-study activities for the course will consist of readings and learning activities to better understand content necessary to the fundamentals of the course. Participants will complete a self-assessment and evaluation of this material prior to the live course. During the online portion of the course, participants must enter a code for morning and afternoon sessions and complete an online course evaluation.

WHO SHOULD ATTEND
Physical Therapists, Physical Therapist Assistants, Occupational Therapists, and Occupational Therapy Assistants, Athletic Trainers (not getting BOC CEUs)

COURSE OBJECTIVES

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

- **Describe** the normal anatomy and physiology of the vestibular and related systems.
- **Discuss** the pathophysiology and medical management of common vestibular disorders.
- **Demonstrate** an examination and **interpret** the findings from the history and physical examination 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.
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, DHS, NCS,
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 and Curricular Competency Task Force to develop consensus-based competencies for entry-level neuro PT education.
LAB ASSISTANTS
Leslie Hefner, PT, DPT, NCS
Leslie has been working for the Shirley Ryan AbilityLab in the Day Rehabilitation Program in Burr Ridge for 10 ½ years, where she is the Clinical Team Lead and is established as an expert in the evaluation and treatment for patients with spinal cord injury and vestibular rehabilitation. She started in the position after receiving her doctorate at Marquette University, directly following her final clinical experience at a level I trauma center. Leslie is a member of the American Physical Therapy Association, including the Neurologic Section. She has taught for the Shirley Ryan AbilityLab Academy at the annual Spinal Cord Injury Course, and is looking forward to facilitating the laboratory experience for this year’s participants.

Stacey Lane, PT, DPT, NCS
Stacey began her career 14 years ago working in inpatient rehabilitation at Craig Hospital. During that time, Stacey developed a passion for treating patients with spinal cord injury, traumatic brain injury and stroke. Stacey has worked at Shirley Ryan Ability Lab outpatient setting for the past 10 years, treating individuals with a wide range of neurologic and orthopedic conditions. In 2012, she became board-certified in Neurologic practice. Stacey is a member of the American Physical Therapy Association/Neurologic Section, Vestibular Special Interest Group, and a member of the Academy of Neurologic Physical Therapy Practice Committee. She serves as adjunct faculty for South College and Baylor University and teaches in the Shirley Ryan Ability Lab Academy annual Spinal Cord Injury Course.

Holly Paczan, PT, MPT, NCS
Holly is a physical therapist at the Shirley Ryan Ability Lab, with over 13 years of clinical experience, specializing in the treatment of patients with neurological conditions, particularly in the areas of stroke, brain injury and vestibular dysfunction. She is currently the Lab Manager for the Legs and Walking Lab, with oversight of inpatient specialty areas of practice including gait training and FES as well as the integration of research into the clinical setting. Holly is also the primary vestibular therapist for inpatient and sees patients with both central and peripheral vestibular dysfunction as well as assists with gait training following neurological injury. Holly has served as a blinded assessment therapist for several research projects – including for the RIC Locomotor Recovery Lab as well as for a NIH Telerehab Study looking at UE intervention following stroke and was recently awarded a $15,000 grant to study the incidence of vestibular dysfunction in the acute TBI population. Additionally, Holly has presented at ACRM on the topic of physical therapy interventions for patients with Locked-In Syndrome.
Carolyn Sykes, PT, DPT, NCS
Contract Educator: Department of Physical Therapy and Human Movement Sciences at Northwestern University

Carolyn Sykes, PT, DPT, NCS is a physical therapist and received her Doctorate in Physical Therapy from Northwestern University Feinberg School of Medicine. She then completed a neurologic physical therapy residency at Northwestern University and the Shirley Ryan Ability Lab. She currently works in the outpatient department at the Shirley Ryan Ability Lab with her clinical care focused on patients with neurologic conditions and specialization in management of individuals with diagnosis of concussions and vestibular dysfunction. She also teaches in the Department of Physical Therapy and Human Movement Sciences at Northwestern University as a contract educator in their neurologic curriculum.

PRE-COURSE WORK

4 required readings with quiz to follow

ON-DEMAND LECTURES

2.0 hours  Anatomy & Physiology of the Vestibular & Oculomotor Systems:
Janet Helminski, PhD, PT

1.0 hour  Evaluation of the Dizzy Patient: History and System Review
Janet Helminski, PhD, PT

.5 hours  How to Perform an Oculomotor Examination and Positional Testing Videos
Janet Helminski, PhD, PT

.5 hours  Translating Motor Learning to Treatment of Peripheral Vestibular Hypofunction
Janet Helminski, PhD, PT

1.0 hour  Surgical Management of the Dizzy Patient
Robert Battista, MD

.5 hours  Problem-Solving Cases
Jonella Black, PT

Total = 5.5 hours

AGENDA

Friday March 4, 2022

7:30 am  Waiting Room
Zoom Platform

8:00  Welcome, Introduction to the course, Opening Remarks
8:15 Vestibular Anatomy and Physiology – Clinical Application
Janet Helminski, PhD, PT

9:15 What is Postural Control?
Heidi Roth, PT, NCS, DHS

10:00 Break

10:30 Non-Otologic Causes of Dizziness
Janet Helminski, PhD, PT

11:30 Otologic Causes of Dizziness
Janet Helminski, PhD, PT

12:30 pm Lunch (on your own)

1:30 Evaluation-Oculomotor Examination
Janet Helminski, PhD, PT

2:45 Break

3:15 Evaluation: Oculomotor Examination Continued & Lab session

5:15 Question and Answer with Dr Robert Battista, MD

5:30 pm Adjourn

Friday, March 11, 2022

7:45 am Waiting Room
Zoom Platform

8:00 Review of Day 1: Oculomotor Examination

8:15 Benign paroxysmal positional vertigo (BPPV) Examination, Evaluation and Treatment Lecture and Lab
Janet Helminski, PhD, PT

10:00 Break

10:30 BPPV: Examination, Evaluation and Treatment Lecture and Lab
Janet Helminski, PhD, PT

12:45 pm Lunch (on your own)

1:45 Problem Solving Session Evaluation
Course Faculty
3:15  Interventions for Peripheral Vestibular Hypofunction: Unilateral & Bilateral Vestibular Deficits
Jonella Black, PT, MS

3:45  Break

4:15  Interventions for Peripheral Vestibular Hypofunction: Unilateral & Bilateral Vestibular Deficits (Continued)
Jonella Black, PT, MS

5:15  Adjourn

Friday, March 18, 2022

7:45  Waiting Room
Zoom Platform

8:00  Review of Cases : BPPV

8:30  Interventions for Central Vestibular Dysfunction
Tammie Ostrowski, PT

9:30  Break

10:00  Problem Solving Session – Peripheral Vestibular Hypofunction
Course Faculty

11:30  Concussion
Janet Helmsinski, PhD, PT

12:00  Migraine
Janet Helmsinski, PhD, PT

12:45  Lunch

1:45  Clinical reasoning and problem solving: Case examples
Janet Helmsinski, PhD, PT

2:45  Break

3:00  Putting it all together : A Case Discussion : Break out Sessions
Course Faculty

4:15  Intricacies of Differential Diagnosis
Course Faculty

4:45  Adjourn
Tuition for 31.0 CEUs

| Early Bird Registration (Up to Dec. 10, 2021) | $700 |
| Registration Fee (after Dec. 10, 2021)      | $800 |

Location
The program will be held virtually on the Zoom platform. Accessible materials, sign language interpretation and personal assistance are available with at least 45-days advance notice.

Cancellation Policy
All cancellations must be in writing. Refunds less a 20% administrative charge will be given until February 25, 2022. The Academy reserves the right to cancel or change any programs for due cause. Cancellation of a program by the Academy will result in a full refund of tuition.

Important Registration Information
Registrations will be taken in the order in which tuition checks or credit card information is received. We highly encourage you to register online as these are processed more quickly than mailed or faxed registrations. Full Tuition must accompany the registration form in order to confirm a place in this course. Until you receive your confirmation letter, you are not officially registered for the course. For online registrations, you will receive email confirmation on the day that you register. For registrations received by standard mail or fax, the confirmation may take up to 3 weeks after we receive your registrations. If you do not receive confirmation within this period, please call 312-238-6042.

One week prior to the course, only internet registrations and faxed registrations that include an email will be accepted.

Continuing Education Credit
Physical Therapy
This course has been approved by the Illinois Physical Therapy Board for 31.0 Contact Hours (9.5 Hours Self-Study 21.5 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 31.0 Contact Hours (9.5 Hours Self-Study 21.5 Live).

The following states require continuing education units or contact hours with no state specific approval: CT, IA, and WA
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 31.0 CEUs [intermediate, OT Service Delivery/Foundational Knowledge]. AOTA does not endorse specific course content, products, or clinical procedures.

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Early Bird Tuition: $700 Until December 10, 2021
After Dec 10th Tuition : $800

Mail to:  Academy
Shirley Ryan AbilityLab
355 E. Erie Street, Suite 12-West
Chicago, Illinois 60611

Please TYPE or PRINT your name and professional initials (MD, OT, PT, RN, etc.) as you would like them to appear on your continuing education certificate.

First Name _______________________________ Last Name _______________________________
Home Phone (____________) Prof. Initials ____________________________
Home Address _______________________________________________________________________
City ____________________________ State ____________ Zip ____________
Organization/Facility _________________________________________________________________
Work Address _______________________________________________________________________
City ____________________________ State ____________ Zip ____________
Work Phone (____________) Fax (____________)
Position __________________________________________________________________________
E-mail (required) _________________________________________________________________

Please note: registration will not be processed without full payment.

Method of Payment:  □ Check enclosed (Payable to: Shirley Ryan AbilityLab)  □ Credit Card

Credit Card Users Must Complete the Following Information:

□ MasterCard   □ VISA   □ American Express
Credit Card # __ __ __ __ - __ __ __ __ - __ __ __ __ - __ __ __ __
Expiration Date __ / __ CVV __ __ __ (security code on back of card)
Name on Card__________________________________________________________
Billing Address________________________________________________________
City________________________State______________Zip____________________
Cardholder’s Signature_________________________________________________
Credit card registrations may be mailed or faxed to: 312-238-4451. Email mkolski@sralab.org with questions