

# Vestibular Rehabilitation:

## Evaluation and Treatment of Dizziness and Balance

Jeffrey Walter, PT, DPT, NCS

### Faculty

Jeff Walter, PT, DPT, NCS is the Director of the Otolaryngology Vestibular and Balance Center at Geisinger Medical Center in Danville, PA, and an associate faculty member at Misericordia University, Department of Physical Therapy. Jeff graduated from the University of Wisconsin with a Bachelor of Science in Physical Therapy and from the University of Scranton, with a Doctorate. He has attained competency certification in "Vestibular Rehabilitation" and "Vestibular Function Test Interpretation." Since 1999, Jeff has lectured at professional conferences, universities and continuing education courses for audiologists, physicians and therapists involved in managing patients with dizziness and imbalance. He has a research interest in BPPV and superior canal dehiscence.

Disclosure: Financial: Jeff Walter receives an honorarium for speaking. Non-Financial: He has no non-financial relationships to disclose.

**"Excellent speaker, very knowledgeable about topic and information. Clearly organized in text and in seminar."**

-Tina C.

### About this Course

This evidence-based course will train clinicians in the practical management of vestibular disorders. The course will include instruction in anatomy and physiology, medical management, pathology, detailed bedside examination and **treatment** skills. The material will be presented in a lecture, lab and video case study format. Competence in the performance of a comprehensive office / bedside examination and treatment skills will be addressed in a lab format. The seminar is intended to enhance the clinician's ability to evaluate the appropriateness and effectiveness of VRT for vestibular disorders. Practical application of VRT to a variety of practice settings (outpatient, acute care, SNF, ER) will be discussed. An emphasis will be placed on the management of BPPV variants and vestibular hypofunction.

### Objectives

- ① Perform a detailed bedside vestibular and balance examination
- ① Based on patient history and bedside examination, identify the specific features of:
  - Peripheral vestibular disorders
  - Central vestibular disorders
  - Non-vestibular dizziness
- ① Recognize typical characteristics of peripheral vestibular vs. central-etiology nystagmus
- ① Identify appropriate standardized assessment tools for use in vestibular rehabilitation
- ① Prescribe rehabilitation programs to address adaptation and compensation for vestibular dysfunction
- ① Identify specific variants of BPPV and perform appropriate canalith repositioning maneuvers
- ① Identify indications for further diagnostic testing/ medical referral

## Schedule – Day 1

- 7:30-8:00** Registration/Continental Breakfast
- 8:00-10:30** Detailed Anatomy and Physiology of the Vestibular and Balance System
- 10:30-10:45** Break
- 10:45-12:00** Disorders and Management Options
- Unilateral Disorders: vestibular neuritis, labyrinthitis, vestibular schwannoma, superior canal dehiscence, anterior vestibular artery ischemia, Meniere's disease
  - Bilateral Disorders
  - Central Disorders: MS, vertebral basilar insufficiency, CVA, Chiari Malformation, cerebellar degenerative disorders, temporal bone fracture/TBI
  - Non-Otogenic Dizziness and Imbalance
  - Migraine, anxiety, cervicogenic dizziness, postural hypotension, malingering
- 12:00-1:00** Lunch (on your own)
- 1:00-2:15** Disorders and Management Options (cont)
- 2:15-2:30** Break
- 2:30-5:30** LAB (with video case studies) + Lecture: Bedside / Office Evaluation - Oculomotility/stability screen, tuning fork examination, multi-canal head impulse testing, head shake, hyperventilation, vibration, static vs. dynamic visual acuity, CTSIB, Fukuda Step Test, gait assessment

## Schedule – Day 2

- 7:15-7:45** Continental Breakfast
- 7:45-8:45** Bedside/Office Evaluation (cont)
- 8:45-10:00** Vestibular and Balance Rehabilitative Treatment Strategies
- Head motion induced oscillopsia
  - Imbalance
- 10:00-10:15** Break
- 10:15-12:00** Benign Paroxysmal Positional Vertigo Pathophysiology, identification of variant forms, differential diagnosis, canalith repositioning maneuvers, management guidelines
- 12:00-1:00** Lunch (on your own)
- 1:00-3:00** LAB (with video case studies): BPPV with emphasis on differential diagnosis and assessment of treatment efficacy:
- Examination: Hallpike, Roll, Sidelying Tests
  - Maneuvers: Modified Epley, Liberatory (Semont), Gans, Gufoni, Kim

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### Credits

The two-day live course meets the criteria for 14 contact hours (1.4 CEUs). The PA, DC, VA, and DE Boards of Physical Therapy recognize other board approvals. Application has been made to the NJ Board of Physical Therapy Examiners. TX Physical Therapy Association approved provider.

Approved provider by the NY State Board of Physical Therapy for 16.8 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14 contact hours Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

Approved by the TX Board of OT Examiners.

NBCOT professional development provider – 14 PDUs.

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Please contact us with any special needs requests:  
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### Locations and Dates - 2020

<b>March 6-7</b>	White Plains, NY	Burke Rehabilitation Hospital
<b>May 16-17</b>	Staten Island, NY	Staten Island University Hospital
<b>Aug 1-2</b>	Alexandria, VA	Inova Mount Vernon
<b>Aug 15-16</b>	San Antonio, TX	Methodist Hospital



\$435 fee. Group rate \$410 must be made together. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

**Vestibular Rehabilitation/Walter**  
 March/NY    May/NY    Aug/TX

**Course Registration Form**

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Needed in the event of an emergency scheduling change

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Employer: \_\_\_\_\_

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How did you learn of this course \_\_\_\_\_

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