

# Pediatric Vestibular Rehabilitation

## Assessment and Treatment

Gaye W. Cronin, OTD, OTR/L



### Faculty

**Gaye W. Cronin** is a master clinician specializing in vestibular rehabilitation having treated more than 25,000 patients suffering from vestibular or balance disorders. Since 1988, she has been the director of Vestibular Rehabilitation and Neuromuscular Re-education Programs at the Atlanta Ear Clinic specializing in pediatric, geriatric, neuromuscular facial retraining, tinnitus reduction, fall reduction, and vestibular rehabilitation programs. She also serves as an Associate Professor at the Medical College of Georgia and the University of St. Augustine. Dr. Cronin has experienced a high rate of success in the elimination and reduction of vertigo and balance dysfunctions, and improvement of function, safety and developmental levels through vestibular rehabilitation. She has successfully applied these evidenced based treatments with a variety of diagnoses and ages. Dr. Cronin has published extensively in medical and therapy journals and has conducted numerous national and international instructional courses for occupational therapists, physical therapists, audiologists and physicians. She received her Bachelor of Science and Master's degrees from the Medical College of Georgia, and her Doctorate of Occupational Therapy from the University of St. Augustine for Health Sciences. Disclosure: Financial: Gaye Cronin receives a speaking fee from Education Resources, Inc. Non-Financial: She has no non-financial relationships to disclose.

### About this Course

This course focuses on effective vestibular rehabilitation for treating children with dizziness, coordination, balance, motor, postural, vestibular, visual motor, perceptual, sensory organization and motion disorders due to disease, toxicity, infection, tumors, trauma, neurological, and congenital/genetic disorders. Experienced as well as novice clinicians will learn a new frame of reference and treatment techniques that can positively affect the child's motor skills, balance, coordination, rate of development, perceptual skills and tolerances of motion. The lab course will include pediatric assessments for vestibular, sensory organization, ocular motor, reflex integration, and motor development. Treatment techniques, video case demonstrations, and interactive lab practice will be included.

### Objectives

- ① Apply developmental and physiological principles as they relate to balance, posture, movement and motor skills
- ① Describe the peripheral vestibular system of semicircular canal alignment/function, otolithic function and rectors combined with the central system and spinal pathways to stimulate rehabilitation mechanisms of adaptation, compensation, and habituation
- ① Identify and recognize vestibular dysfunctions and pathologies in infants and children
- ① Recognize and develop problem solving skills and movement exercise programs for vestibulo-ocular and vestibular spinal reflex dysfunction
- ① Develop specific vestibular treatment techniques and continuums
- ① Identify effects of vestibular dysfunction and intervention outcomes on learning, school performance, coordination and movement tolerances

Help your patients achieve better outcomes.

## Schedule – Day 1

7:30-8:00	Registration/Continental Breakfast
8:00-9:00	Pre-Test/Review of the vestibular system, automatic reflexes, and development
9:00-9:30	Recognition of vestibular disorders and growing evidence of the need for interventions with children
9:30-10:30	Development of posture, equilibrium, protective reflexes, oculomotor control, vestibular-ocular reflex (VOR) and vestibular spinal reflex (VSR)
10:30-10:45	Break
10:45-11:15	Vestibular pathology in infants and children, CPV (childhood paroxysmal vertigo) Meniere's disease, ototoxicity, spasmodic torticollis, post-concussion syndrome, BPPV, neurological, congenital, and genetic disorders
11:15-12:00	Evaluations for children with vestibular pathology and imbalance (diagnostic, developmental, and therapeutic)
12:00-1:00	Lunch (on your own)
1:00-2:45	<b>LAB:</b> Practice of evaluation techniques: oculomotor, balance and reflex integration
2:45-3:00	Break
3:00-4:00	Vertigo and positional assessments
4:00-5:30	<b>LAB:</b> including video demonstrations

## Schedule – Day 2

7:30-8:00	Continental Breakfast
8:00-8:30	Treatment Planning, Progression and Precautions
8:30-9:30	Vestibular Interventions: Compensation, adaptation, habituation for home, clinic and school-based treatment
9:30-10:15	Treatment: vestibular stimulation, eyehead coordination and gaze stabilization, eye-head/eye-foot coordination, and treatment for hyperactive vs. hypoactive dysfunctions
10:15-10:30	Break
10:30-11:45	Demonstration of repositioning and redistribution exercises/techniques for posterior and anterior semicircular canal dysfunction, BPPV and post-concussion syndrome
11:45-12:15	<b>LAB</b>
12:15-1:15	Lunch (on your own)
1:15-2:00	<b>LAB:</b> Demonstration and practice of treatments for horizontal canal dysfunction & spasmodic torticollis
2:00-2:30	Reflex integration & vestibular rehab (VSR, VOR, balance retraining and sensory organization)
2:30-2:45	Break
2:45-3:30	Treatment for CPV, migraine associated vertigo, neuronitis, Meniere's, otolith and saccule dysfunction, (gravitational insecurity)
3:30-4:00	Program development, outcomes, video case reports, teacher, parent questionnaires, accommodations letter, and IEP examples

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## Credits

This course meets the criteria for 14.5 contact hours (1.45 CEUs). This course meets the CO Physical Therapy requirements for 14.5 contact hours (1.45 points) – Intermediate Level, CAT 1. The DE, DC, PA, VA, KS, and WY Boards of Physical Therapy accept other state boards approvals. Application has been made to the MD Board of Physical Therapy Examiners.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14.5 contact hours (1.45 CEUs) - 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.

NBCOT professional development provider - 14.5 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.

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## Locations and Date - 2020

<b>May 2-3</b>	Denver, CO	Presbyterian/St. Luke's Medical Center Rehabilitation
<b>Oct 10-11</b>	Washington, D.C.	MedStar Georgetown University Hospital

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Limited enrollment. We encourage you to register online!

**Pediatric Vestibular Rehabilitation/Cronin**  
 May/CO  Oct/DC

**Course Registration Form**

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