

# Pediatric Vestibular Therapy: Young Children Through Adolescents

Inger Brueckner, MS, PT

## Faculty

Inger Brueckner, MS, PT has practiced vestibular rehabilitation since 1994. She began teaching after completing the Emory University/APTA Vestibular Competency course in 2003. In 2010 she joined the Rocky Mountain Hospital for Children Center for Concussion as the creator and director of PACER (Progressive Acute Concussion Exertional Rehabilitation). She is a member of a multi-disciplinary team focused on providing cutting-edge, effective, safe rehabilitation. Working for Presbyterian/St. Luke's Medical Center in Denver, CO, she has presented research findings at APTA CSM, published journal article, book chapter, developed protocols, and been invited to speak at international, national, and local conferences. She is passionate about providing the best care for all patients in a collaborative medical team, sharing lessons learned through continuing education.

Disclosure: Financial: Inger Brueckner receives a speaking fee from Education Resources for teaching. Non-Financial: She has no non-financial relationships to disclose.

## About this Live Webinar

Have you ever considered the importance of the sensory system that detects movement while rehabilitating children and adolescents? The pediatric patient will experience vestibular dysfunction at similar rates as adults and any change either peripheral or central can greatly impact normal development of movement and postural control. This course will present current understanding of the scope of the vestibular dysfunction problem, best practices, systematic evaluation, and treatments addressing vestibular deficits in the school-aged child and adolescent. The course combines lecture, demonstration, and case study to address dysfunction accurately and efficiently. This course is updated as new information and guidelines are published. The primary goal is to challenge therapists to re-think movement and stability in their practice, using a comprehensive understanding of the vestibular system. Principles presented can be applied across the lifespan and with a multitude of disability levels. Access to videos of demonstrated techniques will be included.

## Learning Objectives

- Identify functional impairments or complaints by children and/or their parents that indicate the need for a vestibular screening.
- Recognize at least three vestibular diagnoses in children that affect motor performance and development.
- Relate the functions of the vestibular system to normal skill development in children and adolescents.
- Connect vestibular dysfunction to problems in motor performance and behaviors during child development.
- Choose age-appropriate assessment tool to evaluate a child for vestibular dysfunction.
- Determine an appropriate individualized treatment program for a pediatric patient with vestibular dysfunction.
- Advance an intervention plan to address a child's functional impairment(s).

## Audience

This course is appropriate for PTs, PTAs, OTs OTAs, and health practitioners that

work with school-aged children and adolescents AGE 5-18.

## Schedule – Day 1 5:10 pm - 9:30 pm EST (US)

- 5:10-5:30 Webinar Registration/Zoom Course Opens**
- 5:30-7:15** Introduction to Vestibular Rehabilitation: Anatomy and physiology of the vestibular system, reflexes, balance, posture, head righting, gaze stabilization, updates of evidence
- 7:15-7:45** Development and maturation of the vestibular system, age differences, multi-sensory reweighting, postural sway
- 7:45-8:30 Break**
- 8:30-9:30** Epidemiology of dysfunction in children, pathophysiology, nystagmus, BPPV, migraine related syndromes, otitis media, unilateral and bilateral vestibular loss, mTBI/concussion/trauma, ototoxicity, central dysfunction, dysfunction associated with CP, ADHD, post cochlear implants, visual sensitivity

## Schedule – Day 2 5:10 pm - 9:30 pm EST (US)

- 5:10-5:30 Webinar Registration/Zoom Course Opens**
- 5:30-6:00** Treatment principles: adaptation, habituation and substitution, critical periods, adults vs children, red flags and cautions
- 6:00-6:45** Evaluation: subjective complaints, functional observation, screening, VBI testing, ocular motor screening
- 6:45-7:15** Demonstration for VBI testing, ocular motor screening
- 7:15-7:45** BPPV in younger patients, positional testing Dix-Hallpike, modified Brandt-Daroff, Canalith Repositioning Technique
- 7:45-8:00 Break**
- 8:00-8:15** Demonstration of positional testing and treatment with modifications
- 8:15-9:00** Specific vestibular testing: VOR, VOR cancelation, head thrust, head shaking, Dynamic Visual Acuity Test, imaginary targets, Motion Sensitivity Quotient with demonstration and discussion of modifications. Review of prioritizing evaluation components and maximizing hands-on time

## Schedule – Day 2 (cont.)

- 9:00-9:30** Discussion of exercises with ocular motor emphasis (gaze stability), brock string, laser pointers, body-on-head motion, dual task, throw and catch modifications, using multi-sensory feedback

## Schedule – Day 3 5:10 pm - 9:30 pm EST (US)

- 5:10-5:30 Webinar Registration/Zoom Course Opens**
- 5:30-5:45** Case discussion
- 5:45-6:45** Autonomic dizziness, syncope, orthostatic intolerance, POTS, post-COVID, nausea and anxiety
- 6:45-7:00** Sex differences in presentations and development
- 7:00-7:30** Dynamic movement and posture assessments, objective measures for balance
- 7:30-7:45** Principals for balance retraining
- 7:45-8:00 Break**
- 8:00-8:30** Decision making for HEP, dosing, progression, giving feedback during session, clinical take-aways, diaphragmatic function, startle posture and visual vertigo
- 8:30-9:00** Demonstration: symptom relieving techniques, grounding, use of manual therapy
- 9:00-9:30** School considerations, visual ergonomics, modifying environment, play, timing of activity, patient and care giver education, lifestyle management exertion, sleep, hydration

## Schedule – Day 4 5:10 pm - 9:00 pm EST (US)

- 5:10-5:30 Webinar Registration/Zoom Course Opens**
- 5:30- 6:45** Exercise examples, inclusion of core stability, visual focus and balance to commonly used interventions, modifications for low vision, altered posture control, low cost options for equipment, resources, how to search for ideas, collaboration among disciplines
- 6:45-8:15** Break into groups for case discussion and presentation of treatment
- 8:15-9:00** Present cases to group including discussion of progression of activity, presentation of case examples by instructor

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## Webinar Dates and Times

**April 16, 23, 30 and May 7, 2024**

**5:10 pm EST • 4:10 pm CST • 3:10 pm MST • 2:10 pm PST (US)**

Registration is for all sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



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**Pediatric Vestibular Therapy - Inger Brueckner**  
**April 16, 23, 30 and May 7, 2024**

**Course Registration Form**

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