

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 from ERI for speaking.

Non-Financial: He has no non-financial relationships to disclose.

About this Course

This evidence-based in-person 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

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

Audience

This course is designed for PTs, PTAs, OTs, and OTAs.

Help your patients achieve better outcomes.

Schedule – Day 1

7:30-8:00	Registration
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 <ol style="list-style-type: none"> 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, TBI Non-Otogenic Dizziness and Imbalance: Vestibular Migraine, Cervicogenic Dizziness, Functional Disorders, PPPD
12:00-1:00	Lunch
1:00-2:15	Vestibular Disorders and Management Options (cont)
2:15-2:30	Break
2:30-5:30	Bedside/Office Evaluation (<i>combined lecture / practicum with video case studies</i>) Oculomotility/stability screen, tuning fork examination, multi-directional head impulse testing, head shake, hyperventilation, mastoid vibration, static vs. dynamic visual acuity, CTSIB, balance/gait assessment

Schedule – Day 2

7:15-7:45	Registration
7:45-8:45	Bedside/Office Evaluation (cont)
8:45-10:00	Vestibular Rehabilitative Treatment Strategies (<i>lecture and lab</i>) <ol style="list-style-type: none"> Gaze stabilization exercises Balance exercises
10:00-10:15	Break
10:15-12:00	Benign Paroxysmal Positional Vertigo (lecture) Pathophysiology, Identification of Variant Forms, Differential Diagnosis, Canalith Repositioning Maneuvers, Management Guidelines
12:00-12:45	Lunch
12:45-2:45	BPPV Practicum and video case studies with emphasis on differential diagnosis and assessment of treatment efficacy: (<i>lab and video cases</i>) <ol style="list-style-type: none"> Examination: Loaded Dix-Hallpike, Half Dix-Hallpike, Supine Roll, Bow and Lean, Sidelying Maneuvers: Modified Epley, Semont, Semont Plus, Gufoni, Kim

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Credits

Coming soon.

In-Person Course Date and Location:

March 21, 2025: 8:00 am - 5:30 pm

March 22, 2025: 8:00 am - 2:45 pm

Burke Rehabilitation Hospital

White Plains, NY

Registration is for both days.



\$450 fee. LIMITED ENROLLMENT. Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14-day deadline. We encourage you to register online! Please make check payable and return to: Education Resources, Inc. 266 Main St., Suite 12 • Medfield, MA 02052 508-359-6533 or 800-487-6530 (outside MA) FAX 508-359-2959 • www.educationresourcesinc.com Limited enrollment. We encourage you to register online!

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Jeffrey Walter, PT
March 21 and 22, 2025

Course Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

Employer: _____

Discipline: _____ Specialty: _____

How did you learn of this course _____

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

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