

# Treating Balance and Preventing Falls in Geriatric, Neuro, Vestibular and Medically Complex Clients

Kim Fox, PT, DPT



## Faculty

**Kim Fox, PT, DPT** completed her Master of Physical Therapy Degree at the University of Maryland at Baltimore, with special recognitions for neurology and research, and received a Doctorate Degree in Physical Therapy from the University of Montana. She completed the competency based vestibular course through Emory University and holds several advanced vestibular coursework certificates. Dr. Fox served in active duty and as reservists for the U. S. Airforce. Her experience includes hospital in/out-patient, home health, skilled nursing, and private practice settings. She owns AVORA Physical Therapy and practices at The AVORA Balance & Dizzy Center specializing in diagnostics and treatment of balance and vestibular disorders. Dr. Fox sits on the Vestibular Disorders Association (VEDA) Editorial Review Board, is a published author for VEDA, implemented VestibularJobs.com in partnership with VEDA, is a member of the WNC Fall Prevention Coalition, and teaches balance and vestibular courses to physicians, rehab providers, and geriatric fellowship and community-based programs.

*Financial: Dr. Fox receives a speaking fee from ERI for this course. Non-Financial: Dr. Fox is a volunteer unpaid consultant and receives free equipment for beta testing.*

## About this Course

This course will get you thinking about balance in a whole new light to make balance training effective and fun for you and your patients! You will learn how to isolate balance deficits in processing and motor output, screen for vestibular involvement, objectively identify fall risk, implement modifications to reduce fall risk, discover your creative side to developing effective treatment strategies, tailor exercises to meet the needs of your patients physical abilities in any setting, and understand how to teach safe falling techniques, to name a few. You will also learn about frequently missed components to a successful treatment program.

## Objectives

1. Discuss balance processing and strategies of recovery
2. Objectively identify fall risk
3. Implement modifications to reduce fall risk
4. Apply new treatment techniques to isolate and challenge all sensory systems and all 4 balance reactions and reaction time for any patient in any setting
5. Teach patients safe falling techniques to minimize the risk of an injury.

## Audience

This course is relevant for Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants and any provider assessing and/or treating balance impairment or patients with fall risks.

Help your patients achieve better outcomes.

## Schedule – 8:00am - 5:30pm

7:30–8:00	Registration	12:30-12:45	Bedside screening for Stroke (HINTS plus)
8:00-8:40	Indepth look at fall risks, identify internal and external variables impacting processing and recovery strategies and learn how to address these issues	12:45-1:15	Ideal balance and maximizing stability
8:40-8:45	Teaching safe falling techniques (often forgotten in our high fall risk group; also serves as a great bed mobility activity for IP if able to sit on edge of bed independently)	1:15-2:15	Balance and Gait testing for various levels
8:45-10:00	Understanding the role of visual processing, visual gain, testing and treating oculomotor dysfunction, and identifying central vs peripheral abnormalities	2:15-2:30	Break
10:00-10:15	Break	2:30-3:30	Mid-level and advanced balance training
10:15-11:30	Visual vs body motion sensitivity, affects on balance, and how to treat	3:30-4:00	Seated balance training
11:30 – 12:00	Understanding the somatosensory systems and how to treat proprioceptive deficits	4:00-4:15	Reaction training for low to high level patients
12:00-12:30	Lunch	4:15-4:45	How to maximize successful outcomes and things to consider to optimize results
		4:45-5:30	Recognizing basic BPPV which must be treated prior to balance testing and training

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## Credits

This course meets the criteria for 8.5 contact hours (0.85 CEUs) Intermediate Level.



Education Resources Inc. is an AOTA Approved Provider of professional development. This Live course is pending AOTA approval for 8.5 contact hours 0.85 CEUs (Intermediate, OT service delivery). AOTA does not endorse specific course content, products, or clinical procedures.

This course can be used toward your NBCOT renewal requirements for 8.5 units.

The **MO** Board of PT recognizes other Board's approvals.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy.

Approved provider by the **NY** State Board of Physical Therapy.

Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, OK and TX**.

The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, KY, MA, MI, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY**.

The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: **AL, CO, CT, IA, ME, MT, NE, ND, NH, SD, WA**.

8.5 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: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 800-487-6530.

## Course Date and Time

**August 23, 2025**

**In-Person Course**

CoxHealth

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