

# Vestibular Rehabilitation:

## Evaluation and Management of Individuals with Dizziness and Balance Disorders

Richard Clendaniel, PT, Ph.D.

### Faculty

Richard Clendaniel, PT, Ph.D., is an assistant professor in the Department of Community & Family Medicine, Doctor of Physical Therapy Division, Duke University Medical Center. He received his MS in Physical Therapy and Ph.D. in Behavioral Neuroscience from the University of Alabama at Birmingham and completed a post-doctoral fellowship in neuro-otology with Susan Herdman, Ph.D., PT. He previously served as director of the Vestibular Rehabilitation program at Johns Hopkins University School of Medicine, Department of Otolaryngology - Head and Neck Surgery. Dr. Clendaniel maintains an active practice treating patients with vestibular disorders and dizziness. His primary research is in the normal function of the vestibular system and the plasticity of the vestibular system following injury.

Disclosure - Financial: Richard Clendaniel receives an honorarium from ERI for this course and royalties as a book editor for Vestibular Rehabilitation, 4th edition, Herdman & Clendaniel. Non-Financial: He has no non-financial relationships to disclose.

**“Richard’s clinical expertise is undeniable. He makes the complex, clear.”**

— Kathrine P.

### About this Course

Symptoms of “dizziness” are the number 3 reason individuals over the age of 65 seek medical attention. It becomes the number 1 reason for seeking care in individuals over the age of 70. Medical or surgical management is often not indicated or helpful, but many of these individuals do benefit from vestibular rehabilitation techniques. In addition, 50% of the individuals over the age of 65 with dizziness will develop a form of vertigo that can be alleviated with one simple therapy treatment. These individuals with vertigo and dysequilibrium represent a large patient population for physical and occupational therapy. This course will focus on the assessment and treatment of patients with vertigo and disequilibrium from vestibular causes. Specific emphasis will be placed on the assessment and treatment of unilateral and bilateral vestibular hypofunction, benign paroxysmal positioning vertigo, central vestibular disorders, and multisensory dizziness. This information is applicable to a large patient population including geriatric patients as well as individuals with CNS lesions such as multiple sclerosis, CVA, and head injury.

### Objectives

- 1 Identify the impact of lesions on normal function
- 2 Identify normal and abnormal eye movements
- 3 Practice the history and clinical exam for individuals with vertigo and disequilibrium
- 4 Demonstrate assessment through vestibular function tests
- 5 Demonstrate and practice treatment strategies
- 6 Understand central vestibular considerations

### Audience

## Schedule – Day 1

<b>8:30-9:00</b>	Registration/Continental Breakfast
<b>9:00-9:30</b>	Demographics, Differentiating Dizziness Symptoms
<b>9:30-10:30</b>	Vestibular Anatomy & Physiology
<b>10:30-10:45</b>	Break
<b>10:45-11:30</b>	Vestibular Anatomy & Physiology (cont'd)
<b>11:30-12:30</b>	Impact of lesions on normal function
<b>12:30-1:30</b>	Lunch (on your own)
<b>1:30-3:45</b>	<b>LAB</b> + Lecture - Signs/Symptoms of Vestibular Disorders: History, Clinical Exam & Interpretation <ul style="list-style-type: none"> <li>– Oculomotor Exam</li> <li>– Balance &amp; Gait, Motion Sensitivity &amp; Subjective Tests</li> <li>– Identification of Normal &amp; Abnormal Eye Movements (video cases)</li> </ul>
<b>3:45-4:00</b>	Break
<b>4:00-5:30</b>	<b>LAB</b> + Lecture (cont'd)

## Add Days 3 & 4 – BPPV Advanced (Online Courses):

- Advanced BPPV: 3-hour Lab Course, \$100
- Cervicogenic Dizziness: Differential Diagnosis and Treatment: 5-hour Lab Course, \$159
- What to do When it's not BPPV: Challenging Vestibular Disorders, including Post-Concussion Syndrome: 3-hour Interactive Course, \$100

**Take individual Advanced-level online courses, or take all three when you register for this course – and save \$94.**

## Schedule – Day 2

<b>7:30-8:00</b>	Continental Breakfast
<b>8:00-8:30</b>	Assessment of Vestibular Function: Vestibular Function Tests – Application to Rehabilitation <ul style="list-style-type: none"> <li>– ENG/Caloric Test</li> <li>– Posturography Test</li> </ul>
<b>8:30-9:00</b>	Treatment: From Assessment to Treatment <ul style="list-style-type: none"> <li>– Treatment Rationale</li> <li>– Potential and Time Course for Recovery</li> </ul>
<b>9:30-10:30</b>	<b>LAB</b> + Lecture: Treatment Strategies <ul style="list-style-type: none"> <li>– Incomplete &amp; Complete Lesions</li> <li>– Motion Sensitivity</li> <li>– BPPV: Pathophysiology &amp; Treatment (all canals)</li> </ul>
<b>10:30-10:45</b>	Break
<b>10:45-12:30</b>	<b>LAB</b> + Lecture (cont'd)
<b>12:30-1:30</b>	Lunch (on your own)
<b>1:30-2:45</b>	<b>LAB</b> + Lecture (cont'd)
<b>2:45-3:00</b>	Break
<b>3:00-4:00</b>	Central Vestibular Considerations Case Studies & Summary

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## Credits

The 2 day live course meets the criteria for 13.5 contact hours (1.35 CEUs); the Advanced BPPV and the Vestibular Disorders online for 3 contact hours each (.3 CEUs); the Cervicogenic online for 5 contact hours (.5 CEUs); Application has been made to the **NJ** and **MD** Board of Physical Therapy Examiners. In **CT** this workshop meets accepted standards for continuing competence. This course satisfies CE Requirements for **WA** Physical Therapists. ERI is an approved agency by the PT Board of **CA**. The **DC, DE, GA, OR, MI, PA** and **VA** Boards of Physical Therapy accept other Boards approvals.

Approved provider by the **NY** State Board of Physical Therapy for 16.2 hours for Days 1 & 2; the Advanced BPPV and the Vestibular Disorders for 3.6 hours each; The Cervicogenic online for 6 hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 13.5 contact hours for Days 1-2; The Advanced BPPV and Vestibular Disorders online - 3 contact hours each. The Cervicogenic online - 5 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.

12 hours of this course qualify toward the 20 hours requirement for NDTA re-certification.

NBCOT professional development provider - 13.5 PDUs for days 1 & 2; The BPPV and Vestibular Disorders Online 3.75 PDUs each. The Cervicogenic Online 6.25 PDUs.

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

<b>Sept 12-13</b>	Johns Creek, GA	Emory Johns Creek Hospital
<b>Oct 3-4</b>	Everett, WA	Everett Clinic
<b>Nov 7-8</b>	Washington, DC	Medstar National Rehabilitation
<b>Dec 5-6</b>	Wallingford, CT	Gaylord 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/Clendaniel**  
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**Course Registration Form**

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