

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 particular 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

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

Audience

Designed for PTs, PTAs, OTs, OTAs

Schedule – Day 1

| | |
|--------------------|---|
| 8:30-9:00 | Registration/Continental Breakfast |
| 9:00-9:30 | Introduction |
| 9:30-10:30 | Anatomy & Physiology |
| 10:30-10:45 | Break |
| 10:45-11:30 | Anatomy & Physiology (cont'd) |
| 11:30-12:30 | Impact of lesions on normal function |
| 12:30-1:30 | Lunch (on your own) |
| 1:30-3:45 | History & Clinical Exam a) Lecture/Demo b) Practice c) Identification of Normal & Abnormal Eye Movements (video cases) |
| 3:45-4:00 | Break |
| 4:00-5:30 | History and Clinical Exam (cont'd) |

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

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

Take each Advanced-level course on its own, or add all 3 when you register for this course – and save \$94.

Schedule – Day 2

| | |
|--------------------|---|
| 7:30-8:00 | Continental Breakfast |
| 8:00-8:30 | Assessment of Vestibular Function: Vestibular Function Tests a) ENG/Caloric Test b) Posturography Test |
| 8:30-9:00 | Treatment: From Assessment to Treatment a) Treatment Rationale b) Potential and Time Course for Recovery |
| 9:30-10:30 | Treatment Strategies: lecture / Demonstration/Practice a) Patients with Incomplete Lesions b) Patients with Complete Lesions c) Patients with Motion Sensitivity d) BPPV: Pathophysiology & Treatment (all canals) |
| 10:30-10:45 | Break |
| 10:45-12:30 | Treatment Strategies: lecture / Demonstration/Practice (cont'd) |
| 12:30-1:30 | Lunch (on your own) |
| 1:30-2:45 | Treatment Strategies: lecture / Demonstration/Practice (cont'd) |
| 2:45-3:00 | Break |
| 3:00-4:00 | Central Vestibular Considerations Case Studies & Summary |

ERI: Life-changing learning

You love what you do. Our courses remind you why. As a therapist, you change lives every day – and have your life changed in return. ERI is life-changing learning, for therapists by therapists.

The ERI Advantage:

- o Techniques you'll use the next day
- o Peers who share your passion
- o Renowned faculty
- o Evidence-based courses that improve outcomes
- o 30 years of life-changing learning

Specialty Tracks throughout the lifespan – Neonatal, Pediatric, Adult, Geriatric

Each ERI specialty track is designed to make the most of your continuing education time, budget, and goals. Start your search with us, and plan every course you'll take in 2019.

Visit educationresourcesinc.com for all of your 2019 courses.

ERI Rewards Your ERI experience is more rewarding than ever.

- o First Course Discount
- Bring a Friend Savings
- Group Discounts
- \$100 off your 4th Multi-day Course

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 PT Examiners and the **PA** State Board of Physical Therapy. In **CT** this workshop meets accepted standards for continuing competence. ERI is an approved agency by the PT Board of **CA**. The **DC, DE, GA, MI** 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 CEU's does not imply endorsement of specific course content, products or clinical procedures by AOTA.

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

Please contact us with any special needs requests:
info@educationresourcesinc.com or 508-359-6533

Locations and Dates

| | | |
|-----------------------|------------------|-------------------------------|
| March 9-10 | Winchester, VA | Winchester Medical Center |
| July 13-14 | Kalamazoo, MI | Bronson Healthcare Group |
| July 20-21 | Decatur, GA | Emory Decatur Hospital |
| November 15-16 | White Plains, NY | Burke Rehabilitation Hospital |



\$435 fee. 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.

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!

Vestibular Rehabilitation/Clendaniel

March/VA July/MI July/GA Nov/NY

Advanced BPPV \$100 Cervicogenic \$159 It's Not BPPV \$109 Live and Complete Online Advanced Series \$700

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.

I have read your refund policy above and understand.

Cardholder's name & billing address with zip code if different from above:

Signature _____

Amount charged _____

I hereby authorize you to charge my: VISA MC DISCOVER# _____

Exp. Date _____ CVV2 Code _____

Register at educationresourcesinc.com with code: VRWD19 to enter to win a free course.