

Vestibular Rehabilitation for the School-Aged Child and Adolescent



Inger Brueckner, MS, PT

Faculty

Inger Brueckner PT has practiced vestibular dysfunction 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.

"This course gave so much new information and treatment techniques that I can bring to the school setting right away" - Lori Crask, PT

About this Course

This course was created out of frustration with the way children respond to traditional vestibular rehabilitation. Children are not "just smaller adults" and they have unique presentations and responses to intervention. Current literature finds that children have similar rates of vestibular dysfunction as adults. This has created the need for specialization intervention. This course will present current understanding of the scope of the problem, best practice, systematic evaluation and treatments to address vestibular deficits in the school-aged child and adolescent. The course combines lecture, hands-on lab, and case study to accurately and efficiently address dysfunction. This course is updated as new information and guidelines are published. The primary goal is to challenge therapists to re-think movement and stillness 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.

Objectives

- Describe developmental anatomy and physiology related to the vestibular system, including related reflexes, and balance.
- Choose the most relevant, time efficient evaluations specific to functional deficits and be able to take these findings to create and modify a treatment program.
- Recognize dysfunction that can be addressed and red flags that signal the need to referral to other medical providers
- Be able to educate patients, care-givers and other medical team members about the identified vestibular involvement in the child's functional complaints

Audience

This course is appropriate for PTs, PTAs, OTs OTAs, and health practitioners that work with school-aged children and adolescents AGE 15-18.

Help your patients achieve better outcomes.

Schedule – Day 1

- 7:30-8:00** Registration/Continental Breakfast
- 8:00-09:45** Introduction, anatomy and physiology of the vestibular system, balance, posture, head righting, gaze stabilization, current state of the evidence
- 9:45-10:15** Development, integration of the vestibular reflexes, age differences
- 10:15-10:30** Break
- 10:30-12:00** Pathophysiology, with signs and symptoms; nystagmus, BPPV, migraine related syndromes, hypofunction, trauma and mTBI, central dysfunction, cervical vertigo, ototoxicity, ADHD, idiopathic scoliosis, cochlear implants
- 12:00-1:00** Lunch-on your own
- 1:00-2:00** Evaluation- history, common complaints and description of dysfunction, functional observations, questionnaires, movement and balance screening
- 2:00-2:45** **Lab #1:** Positional testing, ocular motor screen, MSQ, VOR, head shake, head righting. Prioritizing testing, managing increased symptoms, modification for younger patients
- 2:45-3:00** Precautions, signs and symptoms requiring further medical work up
- 3:00-3:15** Break
- 3:15-3:45** Relating vestibular dysfunction to learning requirements, emotion, and behavior, review of lab testing, analogies for patient education
- 4:15-5:30** **Lab #2:** treatment interventions oculomotor, gaze stability, hand-eye coordination, visual motion sensitivity, postural retraining/ head position

Schedule – Day 2

- 7:30-8:00** Continental Breakfast
- 8:00-9:15** Autonomic dizziness, vestibular sympathetic reflex, orthostatic intolerance, POTS, sex differences in adolescent dizziness
- 9:15-9:30** Objective measures, tests and norms
- 9:30-10:00** Treatment principles compensation, adaptation, and substitution
- 10:00-10:15** Break
- 10:15-11:00** Lab #3: symptom-relieving techniques, BPPV repositioning, manual therapy
- 11:00-11:45** Clinical decision making for treatment order, dose, frequency and intensity
- 11:45-12:00** School modification and definitions
- 12:00-1:00** Lunch on your own
- 1:00-1:30** Exertion, sleep hygiene, hydration, visual ergonomics, HEP principles
- 1:30-2:30** Vestibular exercise, modification of play, examples of low and high level activity, core stability with vestibular add-ons, dual task activities, using visual focus
- 2:30-2:45** Break
- 2:45-4:00** **Lab #4:** group presentation of case study with treatment progression, emphasis on applying principles to individual therapist case-load, using available equipment Review, summary, available resources, Q and A

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Credits

This course meets the criteria for 14.5 contact hours (1.45 CEUs). TX Physical Therapy Association accredited provider.

This course meets the approval for type 2 CEUs by the TX Board of OT Examiners



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14.5 contact hours (1.45 CEUs) - 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 – 14.5 PDU's

*Please contact us with any special needs requests:
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Location and Date

April 12-13, 2019

Houston, TX

Texas Children's Hospital

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Recommended for individuals who have experience with or who have previously taken a two day course in vestibular rehabilitation.



\$435 fee. Group rate (3 or more) must be mailed/faxed together \$410. 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 Therapy/Brueckner: Apr/TX

Course Registration Form

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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 _____

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