

# Vestibular Rehabilitation: Treatment Intensive

Gaye W. Cronin, OTD, OTR/L

## Faculty

**Gaye W. Cronin, OTD, OTR** is a master clinician in vestibular rehabilitation having treated over 25,000 patients suffering from vestibular and balance disorders. She received her Bachelor of Science and Master Degree from the Medical College of Georgia and her Doctorate of Occupational Therapy from the University of St. Augustine. She has 30 plus years of clinical experiences. Since 1988, she has been the Director of Vestibular Rehabilitation and Neuromuscular Rehabilitation Programs at the Atlanta Ear Clinic. Dr. Cronin is very enthusiastic and will present this dynamic program that has been extremely successful. She will present evidence-based treatment outcomes and offer problem solving exercises. She has published extensively in medical and therapy journals and books, and texts, and has conducted numerous national and international workshops for occupational therapists, physical therapists, audiologists, and physicians.

*Disclosure: Financial: Gaye Cronin receives an honorarium from Education Resources. Non-Financial: She has no non-financial relationships to disclose.*

## About this Course

This course is designed for physical and occupational therapists and other healthcare professionals working with patients suffering from balance and vestibular disorders. Treating patients with vestibular disorders can be daunting. Recognizing and assessing them can also be challenging, but once the process is completed, you need to be able to develop an appropriate treatment plan. Vestibular interventions appear simplistic, but the clinician must understand the complexities of the system that they are trying to affect to have successful treatment outcomes. The purpose of this course is to present vestibular treatments as a system of exercises and movements that the clinician learns to select, grade, and develop a continuum for the individual patient. This course will emphasize treatments of vestibular disorders of childhood, adults and the elderly. Childhood paroxysmal vertigo, BPPV, Meniere's disease, ototoxicity, bilateral disorders, mal de débarquement, migraine associated vertigo, traumatic vertigo-post concussive, acoustic neuroma, central vertigo, and disequilibrium of aging will be covered. The course is interactive, with lab sessions to practice treatment techniques, and will offer exercises for problem solving. These experiences will help to develop competencies and promote effective clinical outcomes.

## Objectives

- 1 Demonstrate problem solving skills and appropriate clinical pathways for patients suffering from vestibular disorders
- 2 Identify precautions
- 3 Recognize and design problem specific exercises programs for vestibulo-ocular and vestibulospinal reflexes
- 4 Recognize and treat patients with reduced, hyperactive and hypoactive vestibular responses, episodic, and provoked vertigo
- 5 Distinguish between central and peripheral vertigo and nystagmus
- 6 Demonstrate appropriate treatment techniques for Meniere's childhood paroxysmal vertigo, mal de débarquement, vestibular migraine, torticollis, motion sensitivity, ototoxicity, post-surgical cases and central disorders
- 7 Practice maneuvers for horizontal, anterior and posterior semicircular canal BPPV
- 8 Review evidence-based outcomes

## Schedule – Day 1

7:30-8:00	Registration/Continental Breakfast
8:00-8:30	Introduction on the need for determining Appropriate treatment interventions/PreTest
8:30-8:45	Treatment precautions
8:45-9:30	Review of the vestibular system, symptom reports, history and indications for treatment
9:30-10:00	Vestibular ocular reflex (VOR) function, testing, interpretation of results and indications for treatment
10:00-10:15	Break
10:15-11:30	Lab Practice of VOR tests and VOR treatments (nystagmus, saccades, pursuits, gaze stabilization, head shaking, head thrust, vergence, and oscillopsia, optokinetic)
11:30-12:30	Lunch (on your own)
12:30-1:00	Vestibulo-spinal reflex (VSR) testing and indications for treatment
1:00-2:00	Instruction and Lab Practice of balance, reflex integration, posture, and sensory organization activities
2:00-2:15	Break
2:15-3:00	Vestibular disorder classifications in adults and pediatrics: reduced, fluctuating, distorted, hyperactive and hypoactive responses Differentiating types of vertigo: episodic, provoked, positional, constant, central and peripheral
3:00-4:00	Vertigo Testing and Lab Practice
4:00-4:30	Treatment of post-concussion vestibular involvement and post traumatic vertigo- immediate and delayed
4:30-5:00	Recognizing horizontal semicircular canal dysfunction

## Schedule – Day 2

7:30-8:00	Continental Breakfast
8:00-8:30	Lab Practice and video demonstration of horizontal canal treatments emphasis on canal alignment
8:30-9:45	Recognizing, testing, and treating posterior and anterior canal BPPV. Typical and Atypical Manifestations, including central positional vertigo (CVP)
9:45-10:30	Lab Practice and video demonstration of posterior and anterior canal BPPV treatments
10:30-10:45	Break
10:45-11:30	Treatment of childhood paroxysmal vertigo (CPV) and spasmodic torticollis
11:30-12:00	Treatment of central vertigo and imbalance (CVA, MS, TBI, tumors, Parkinson's, hydrocephalus, post-concussion syndrome, etc.)
12:00-1:00	Lunch (on your own)
1:00-2:15	Treatment of Meniere's' disease, vestibular migraine, ototoxicity, mal de débarquement, dehiscence, bilateral disorders and Persistent Postural Perpetual Dizziness (PPPD)
2:15-2:30	Break
2:30-2:45	Treatment of post operative conditions (cochlear implant, acoustic neuroma, chemical ablation, nerve sections, posterior fossa tumors)
2:45-3:30	Disequilibrium of aging and fall risks, including physical, sensory and vestibular degeneration, cognitive and medications
3:30-4:00	Evidenced based outcomes/Q&A/Post Test

## Audience

Occupational therapists, physical therapists and assistants, and other healthcare professionals involved in the treatment of balance and dizziness from a variety of diagnoses with patients of all ages: **Pediatrics through Geriatrics**

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### Vestibular Rehabilitation: Treatment Intensive

☐ Apr/MA

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