

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

Dr. Kim Fox, PT, DPT



Faculty

Dr. 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 is highly informative and 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 basic vestibular involvement, including BPPV, 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 all practice settings and understand how to teach safe falling techniques. You will also learn about frequently missed components to a successful treatment program.

Objectives

- 1 Discuss balance processing and strategies of recovery
- 2 Analyze new treatment techniques and how to create new exercises to isolate and challenge all sensory systems, all 4 balance reactions as well as reaction time
- 3 Identify and reduce fall risk
- 4 Design safe falling techniques to minimize the risk of an injury

Audience

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

"Kim Fox was an excellent speaker. She is extremely knowledgeable in the subjects of balance, vestibular and concussion. She gave many resources for later use in the clinic. The course content was excellent!"

- C. Turrentine

Help your patients achieve better outcomes.

Schedule – Day 1

| | |
|--------------------|---|
| 7:30-8:00 | Registration/Continental Breakfast |
| 8:00-8:30 | Understanding processing systems: visual, proprioceptive and vestibular inputs |
| 8:30-9:00 | Understanding recovery strategies: ankle, hip, stepping, lowering COG |
| 9:00-9:30 | Identify interactions and external variables impacting processing and recovery strategies and learn how to address these issues to maximize outcome |
| 9:30-10:00 | Identifying fall risk in routine and complex patient populations |
| 10:00-10:15 | Break |
| 10:15-10:45 | Screening tools and balance testing to accurately and effectively identify fall risk and potential underlying conditions |
| 10:45-12:00 | How to choose the appropriate screening tool(s) for specific patient populations |
| 12:00-1:00 | Lunch (on your own) |
| 1:00-3:00 | Balance Testing (Lab) |
| 3:00-3:15 | Break |
| 3:15-4:00 | Making sense of balance testing results and how to design a tailored program based on results |
| 4:00-5:00 | Seated balance exercises (Lab) |

"Kim is a very engaging and knowledgeable instructor. She takes the time to ensure her material is understood and applies it to real-life situations! I would love to attend another class!"

- G. Courcelle

Schedule – Day 2

| | |
|--------------------|---|
| 7:30-8:00 | Continental Breakfast |
| 8:00-8:30 | Understanding the basics screening for vestibular impairment |
| 8:30-10:00 | Vestibular screening (Lab): VOMS, positional testing, oculomotor testing, DVA, mHIT |
| 10:00-10:15 | Break |
| 10:15-12:00 | Balance exercise lab for mild, moderate and severe deficiencies to address perceptual, processing and/or response abnormalities. Learn how to think "outside the box" to address specific impairments while making rehab fun for you and your patients. |
| 12:00-1:00 | Lunch (on our own) |
| 1:00-1:30 | Understand key components to a successful outcome: dosing, frequency, level of challenge, manipulating complexities of challenge, targeting the deficiency (task specific training), dual tasking, strategies to maximize motor learning, sensory integration and how to transition balance to 'run on autopilot' |
| 1:30-2:00 | Treatment variations for specialized settings (home health & SNF) (Lab) |
| 2:00-2:30 | Practicing exercise progressions (Lab) |
| 2:30-2:45 | Break |
| 2:45-3:15 | Teaching safe falling techniques to your patients (and how to practice as part of HEP) to minimize risk of injury in the event of a fall (lecture and Lab) |
| 3:15-3:30 | Home modifications to reduce fall risk (key areas to look for in the home or questions to ask patients if you are not in the home) Cheap treatment equipment options |
| 3:30-4:00 | Case Study w/ exercise performance, including progressions (collective group Lab) |

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Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). ERI is an approved agency by the Physical Therapy Board of **CA**. In **CT** this workshop meets accepted standards for continuing competence activities. Application has been made to **NJ** Board of Physical Therapy Examiners. The **KS, MO** and **PA** Boards of Physical Therapy accept other state board's approvals. Application has been made to the **KS** Occupational Therapy Association.

Approved provider by the NY State Board of Physical Therapy for 16.8 contact hours.



Approved provider of continuing education by the American Occupational Therapy #3043, for 14 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.



Education Resources Inc. is approved by the Board of Certification to offer 14 continuing education units for Athletic Trainers

Education Resources, Inc. is approved by the Board of Certification to offer 14 continuing education units for Certified Athletic Trainers.

Locations and Dates - 2019

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|------------------------|-----------------|--|
| July 27-28 | Wallingford, CT | Gaylord Hospital |
| September 21-22 | Paramus, NJ | HealthPRO Heritage Brightview of Paramus |
| October 12-13 | Santa Rosa, CA | Sutter Santa Rosa Regional Hospital |
| November 16-17 | Kansas City, MO | Truman Medical Center |



\$435 fee. Group rate (3 or more) must be mailed/faxed 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!

Treating Balance and Preventing Falls /Fox

July/CT Sept/NJ Oct/CA Nov/MO

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.

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