

# Post Concussion Syndrome:

## Rehab for Vestibular, Balance & Related Symptoms

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-*

### About this Course

This course will help you to have a better working knowledge of Post-Concussion Syndrome (PCS), how to properly evaluate and effectively treat PCS patients and how to become part of an effective team approach to recovery. You will learn about clinical trajectories, proper diagnostics, stages of recovery and predictors of recovery time, differential diagnoses, and comprehensive treatment techniques, to name a few. You will be able to perform an effective evaluation as well as learn about the latest research in assessing and managing PCS to successfully

get your patients back to their prior functioning levels. This course builds in extensive **LAB** time for a hands-on style of learning.

### Objectives

- ① Apply current research to diagnose and treat post-concussion syndrome.
- ① Understand your role and become an effective member in a multi-discipline team approach to recovery.
- ① Complete a thorough post-concussion evaluation from on-field assessment to the clinic.
- ① Implement treatment strategies to successfully rehabilitate your PCS patients

### Audience

This course is relevant for Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Audiologists, and Athletic Trainers working with individuals at risk or who have sustained a concussion as a result of a fall, MVA, sports injury, head trauma, or other accident

*"Kim was a fantastic instructor. She kept everyone very interested the entire time with great info and was very engaging. I would definitely recommend*

Help your patients achieve better outcomes.

## Schedule – Day 1

7:30-8:00	Registration/Continental Breakfast
8:00-9:00	PCS: mechanism of injury; classification; autonomic & metabolic dysfunction; clinical trajectories – vestibular, ocular, cognitive/fatigue, post-traumatic migraine, cervical, anxiety/mood; potential biomarkers
9:00-9:45	<b>LAB:</b> Oculomotor Impairment, Vestibular and Ocular Motor Screening & interpretation
9:45-10:15	<b>Video:</b> Central vs Peripheral Oculomotor Impairment & Testing
10:15-10:30	Break
10:30-11:00	<b>LAB:</b> Ocular Alignment Testing - phorias/tropias/skew deviations
11:00-12:00	<b>LAB:</b> Oculomotor & Motion Sensitivity
12:00-1:00	Lunch
1:15-1:45	<b>LAB:</b> Vestibular Ocular Reflex Testing
1:45-2:00	Emergency Medicine: Understanding HINTS to INFARCT
2:00-2:45	<b>LAB:</b> Vestibular Rehabilitation Therapy & Grounding Techniques
2:45-3:00	Understanding Cognitive Deficits, Testing & Training
3:00-3:15	Break
3:15-3:45	<b>LAB:</b> Anxiety, Depression, Sleep & Mood Disorder & Relaxation Techniques
3:45-4:15	Pre & Post-Risk Factors, Second Impact Syndrome, Chronic Traumatic Encephalopathy, Blast Injuries
4:15-5:00	Recovery Timeline, Case Examples, On-Field Assessment, Serial Testing, Protracted Recovery & Youth vs Adult Variabilities, Predictors of Recovery
5:00-5:30	Improving Outcomes: Dietary Management, Subthreshold Aerobic Exercise & PCS Rehab Exercise Guidelines

## Schedule – Day 2

7:30-8:00	Registration/Continental Breakfast
8:00-8:30	Determining safe return to play (RTP); Exercise Tolerance Testing; Resolution of PCS
8:30-8:45	Vestibular anatomy & physiology
8:45-9:30	Differential Diagnoses: Labyrinthine Concussion, Perilymphatic Fistula, Canal Dehiscence, Vertiginous Migraines, Post-Traumatic Endolymphatic Hydrops, Cervicogenic Dizziness, Persistent Postural Perceptual Dizziness (PPPD), Vertebral Artery Dissection
9:30-10:00	<b>Video:</b> BPPV Testing & interpretation
10:00-10:15	Break
10:15-11:00	<b>LAB:</b> BPPV repositioning maneuvers & management guidelines
11:00-11:30	<b>LAB:</b> Balance Testing
11:30-12:00	<b>LAB:</b> Balance Training
12:00-1:00	Lunch
1:00-1:30	<b>LAB:</b> Reaction time training
1:30-2:00	<b>LAB:</b> Gait Assessment
2:00-2:15	Post-Traumatic Migraine
2:15-2:30	Break
2:30-2:45	Cervical & postural reflexes; Cervical Spine Assessment
2:45-3:45	<b>LAB:</b> Cervicogenic dizziness – assessment & rehab
3:45-4:00	Legislation & Resources

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## Credits

This course meets the criteria for 14.5 contact hours (1.45 CEUs). Application has been made to the **MD** and **MN** Boards of Physical Therapy. The **DC, DE, VA,** and **WI** Boards of Physical Therapy recognize other state board's approvals.



Approved provider of continuing education by the American Occupational Therapy #3043, for 14.5 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.



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This course is offered for up to 1.45 ASHA CEUs (Intermediate level, Professional area).

## Locations and Dates - 2020

**Jan 25-26** St. Louis Park, MN Park Nicollet Methodist Hospital

**Nov 21-22** Arlington, VA Virginia Hospital Center

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**Post Concussion Syndrome/Fox**

Jan/MN Nov/VA

**Course Registration Form**

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

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Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

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