

# Vestibular Rehabilitation:

## Evaluation and Management of Individuals with Dizziness and Balance Disorders

Richard Clendaniel, PT, Ph.D., FAPTA



### Faculty

Richard Clendaniel, PT, Ph.D., FAPTA 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.

### About this Live Webinar

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 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

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

### Audience

Designed for PTs, PTAs, OTs, and OTAs.

Help your patients achieve better outcomes.

## Schedule – Day 1 10:10 am – 5:00 pm EST (US)

|             |  |
|-------------|--|
| 10:10–10:30 | Webinar Registration/Zoom Course Opens   |
| 10:30–12:30 | Introduction, Demographics, Anatomy & Physiology   |
| 12:30–1:30  | Impact of lesions on normal function and common pathologies  |
| 1:30–2:00   | Lunch  |
| 2:00–5:00   | History & Clinical Exam<br>A.) Lecture - Signs and Symptoms of Vestibular Disorders-Clinical Exam and Interpretation<br>B.) Identification of normal & abnormal eye movements (video cases) <ul style="list-style-type: none"> <li>• Oculomotor Exam</li> <li>• Direction of nystagmus during testing</li> </ul> |

## Take Your Skills to the Next Level:

- NEW Advanced Course [Advanced Vestibular Rehabilitation Online](#) taught by international expert [Richard Clendaniel](#).

## Schedule – Day 2 10:10 am – 5:00 pm EST (US)

|              |  |
|--------------|--|
| 10:10–10:30  | Webinar Registration/Zoom Course Opens   |
| 10:30 – 1:30 | Treatment: From Assessment to Treatment<br><br>A.) Treatment rationale <ul style="list-style-type: none"> <li>• Potential and Time Course for Recovery</li> </ul> B.) Treatment Strategies <ul style="list-style-type: none"> <li>• Patients with incomplete lesions</li> <li>• Patients with complete lesions</li> <li>• Patients with motion provoked dizziness</li> </ul> |
| 1:30–2:00    | Lunch  |
| 2:00–4:30    | B.) Treatment Strategies (continued) <ul style="list-style-type: none"> <li>• Treatment considerations for central vestibular disorders</li> <li>• BPPV: pathophysiology &amp; treatment (all canals)</li> </ul>   |
| 4:30–5:00    | Case Studies & Summary   |

“Richard’s clinical expertise is undeniable. He makes the complex, clear.”

— Kathrine P. Class Participant

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## Credits

This course meets the criteria for 12 contact hours (1.2) CEUs, Intermediate Level.



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**NBCOT** professional development provider -12 PDUs.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker 14-hours.

This course meets the approval of the **TX** Board of OT Examiners.

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for **NDTA** re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Approved by the **NJ** Board of Physical Therapy Examiners. Approved by **KY, MD, NM, OH, OK** Boards of Physical Therapy. Application has been made to the **FL** Physical Therapy Association for 14 continuing education contact hours.

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*Please contact us with any special needs requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 508-359-6533*

## Webinar Dates and Times

July 16 and 17, 2021

10:10 am EST • 9:10 am CST • 8:10 am MST • 7:10 am PST (US)

Registration is for both sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the webinar.



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**LIVE WEBINAR: Vestibular Rehabilitation: Evaluation and Management of Individuals with Dizziness and Balance Disorders - Richard Clendaniel**

**July 16 and 17, 2021**

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