

### Continuing Education at Northwestern University

The Department of Physical Therapy and Human Movement Sciences (DPTHMS) at Northwestern University is committed to providing high-quality continuing education programs that reflect the strengths of the DPTHMS academic and clinical community. The unique DPTHMS experience:

- actively engages the participant
- emphasizes critical thinking
- promotes clinical practice supported by evidence
- fosters life-long learning

The program is held on the Northwestern University, Feinberg School of Medicine's campus in the heart of Chicago's Michigan Avenue shopping and restaurant district, adjacent to the beautiful Lake Michigan lakefront, and steps away from Chicago's Millennium Park. The opportunity to enjoy the variety of Chicago's big-city activities is an additional reason to consider attending Continuing Education at Northwestern University.

### Continuing Education Credit

The Illinois Chapter Continuing Education Approval Committee has certified that these courses meet the criteria for approval of continuing education offerings established by the Illinois Physical Therapy Association. CE Credit = 15 contact hours.

### Location and Accommodations

The program will be held in the DPTHMS 7<sup>th</sup> floor classrooms. We are located at 645 N. Michigan Ave.; the entrance to the building is on Erie Street.

**Maximum Enrollment = 70**

### Northwestern University Physical Therapy Alumni Weekend is Friday-Sunday, October 3-5, 2008.

NUPT Alumni and friends are encouraged to visit our website at [www.feinberg.northwestern.edu/nupthms/alumni](http://www.feinberg.northwestern.edu/nupthms/alumni) or contact Bill Healey to find more information about additional educational and social activities being offered. Join in the celebration of 80 years of physical therapist education!



Department of Physical Therapy and Human Movement Sciences  
Northwestern University, Feinberg School of Medicine  
645 N Michigan Avenue, Suite 1100  
Chicago, IL 60611

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Evanston, IL  
Permit No. 205

## Continuing Education

October 2-3, 2008

# CONTINUING EDUCATION

## Vestibular Rehabilitation: Evaluation and Treatment of Common Vestibular Dysfunction



NORTHWESTERN  
UNIVERSITY

Department of Physical Therapy  
and Human Movement Sciences  
Feinberg School of Medicine

# Course Overview

## Course Description

This course will provide therapists with the foundational information needed to efficiently evaluate and effectively treat patients with common vestibular disorders and with intermediate level clinical decision making skills. Emphasis will be placed on evidence based practice and understanding the physiologic rationale for therapeutic interventions. This will enhance the clinician's ability to evaluate the appropriateness and effectiveness of therapeutic interventions for common vestibular disorders. The course format will be lecture, demonstration with patient videotapes, and patient problem-solving sessions.

Intended audience: Physical and Occupational Therapists

### COURSE OBJECTIVES

At the conclusion of the course participants will be able to:

1. Describe the normal anatomy and physiology of the vestibular system.
2. Discuss the pathophysiology of common vestibular disorders.
3. Demonstrate an examination and interpret the findings to determine the diagnosis of common vestibular disorders.
4. Develop, implement and progress an intervention program based on evaluation findings and knowledge of the vestibular system.

### FACULTY

Timothy C. Hain, MD is a Professor of Neurology, Otolaryngology, and Physical Therapy/Human Movement Science, Northwestern University Medical School and Medical Director of Chicago Dizziness and Hearing. He is a board certified neurologist who specializes in the management of vestibular disorders. His areas of research include management of BPPV, ototoxicity, Tai Chi for balance disorders, and mechanisms of head stabilization. He has published more than 80 papers and chapters, most of which concern dizziness.

Janet Odry Helminski, P.T., Ph.D. is an Associate Professor of Physical Therapy, Midwestern University and a physical therapist at Chicago Dizziness and Hearing. She received her doctor of philosophy degree from Northwestern University's Institute for Neuroscience. She specializes in and lectures extensively on the management of patients with vestibular dysfunction. Her areas of research include strategies to prevent recurrence of BPPV, evaluation and treatment of atypical BPPV, and central adaptation of the vestibular system.

# Course Schedule

## DAY 1 Thursday October 2, 2008

- 7:30 a.m. Registration
- 8:00 a.m. Anatomy & Physiology of the Vestibular System
- 9:00 a.m. System Model of Postural Control
- 9:30 a.m. Overview of the Examination of the Dizzy Patient
- 10:00 a.m. Break
- 10:15 a.m. Non-Otologic Causes of Dizziness
- 11:00 a.m. Otologic Causes of Dizziness
- 12:00 p.m. Lunch
- 1:00 p.m. Pharmacological Interventions of the Dizzy Patient
- 1:30 p.m. Vestibular Function Tests
- 2:00 p.m. Evaluation: Oculomotor Examination
- 3:00 pm. Break
- 3:15 p.m. Evaluation: Postural Control Examination
- 4:15 p.m. Patient Problem-Solving Session: Evaluation
- 5:00 p.m. Adjourn

## DAY 2 Friday October 3, 2008

- 8:00 a.m. Rationale for Therapeutic Intervention and Factors that Influence Recovery
- 8:30 a.m. Intervention for Unilateral Peripheral Vestibular Disorders
- 9:30 a.m. Intervention for Bilateral Peripheral Vestibular Disorders
- 10:00 a.m. Break
- 10:15 a.m. Intervention for Benign Paroxysmal Positional Vertigo (BPPV)
- 12:15 p.m. Lunch
- 1:15 p.m. Intervention for Central Vestibular Deficits
- 2:15 p.m. Intervention for Multisensory Deficits
- 2:45 p.m. Outcome Measures
- 3:00 p.m. Break
- 3:15 p.m. Establishing a Vestibular Rehabilitation Program
- 3:30 p.m. Patient Problem Solving Session: Therapeutic Intervention
- 5:00 p.m. Questions/Adjourn

# REGISTRATION

The fees include all course materials and refreshments. Lunch is on your own; parking is available at \$7.00 per day.

Refunds: All cancellations must be in writing and received by September 11, 2008. DPTHMS reserves the right to cancel at any time.

Continuing Education Fees	by 9/15/08	by 9/29/08
Registration	\$ 325	\$ 375
Parking per day	\$ 7	\$ 7

Please complete and return this portion with your payment.

Course fee: \$ \_\_\_\_\_

Parking \$7.00/day \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Degree: \_\_\_\_\_

Dayphone: \_\_\_\_\_

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

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### Payment

By Check (please make check payable to Northwestern University).  
By Credit Card, please go to our website at [www.feinberg.northwestern.edu/nupthms](http://www.feinberg.northwestern.edu/nupthms), under Continuing Education.

Return registration and payment to:

Kisha Nelson  
NUPTHMS  
645 N Michigan Avenue, Suite 1100, Chicago, IL 60611

For additional information, please visit our website or contact Bill Healey at [b-healey@northwestern.edu](mailto:b-healey@northwestern.edu) or 312/503.3346.