

Vestibular Rehabilitation: Theory, Evidence and Practical Application



Rehabilitation Institute of Chicago

Academy

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Rehabilitation Institute of Chicago has been ranked
“Best Rehabilitation Hospital in America”
every year since 1991 by *U.S. News & World Report*.

Wesley M. & Suzanne S. Dixon
Education and Training Center

MARCH 16-18, 2006

Rehabilitation Institute of Chicago
345 East Superior Street
Chicago, Illinois

Vestibular Rehabilitation: Theory, Evidence and Practical Application

THE BEST REHABILITATION HOSPITAL... MEANS THE BEST REHABILITATION EDUCATION.

The Rehabilitation Institute of Chicago (RIC) is ranked the “Best Rehabilitation Hospital in America,” in part because it fully integrates research, clinical care, and education, through the Continuing Education (CE) programs offer by the RIC Academy.

The RIC Academy CE programs help you stay at the forefront of your field. The curriculum is grounded in evidence-based practice – developed using the latest research, clinical principles and hands-on techniques that have been proven to benefit patient outcomes. RIC Academy courses are taught by multi-disciplinary teams of recognized specialists, from RIC itself, and visiting experts from across the country and around the world.

COURSE DESCRIPTION

This course will provide therapists and physicians with the foundational information needed to efficiently evaluate and effectively treat patients with peripheral and central 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.

WHO SHOULD ATTEND

Certified Occupational Therapy Assistants; Occupational Therapists; Physical Therapist Assistants and Physical Therapists.

COURSE OBJECTIVES

Upon completion of this course, participants will be able to:

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

The course format will be lecture, demonstration with patient videotapes, and patient problem-solving sessions.

FACULTY

Robert Battista, MD

Assistant Professor of Clinical Otolaryngology in the Department of Otolaryngology Northwestern University Medical School. Dr. Battista is an otologist/neurotologist, which is

specialty that devoted to the medical and surgical treatment of the ear, facial nerve and related structures. He has published over 20 articles or book chapters concerning various medical and surgical otologic/neurotologic topics.

Timothy C. Hain, MD

Professor of Neurology, Otolaryngology, and Physical Therapy/Human Movement Science, Northwestern University Medical School. Dr. Hain, known locally as the “dizzy” doctor, has a clinical practice that “revolves” around diagnosis and treatment of vertigo and related conditions. He has also published more than 80 papers and chapters, most of which concern dizziness.

Janet Odry Helminski, PhD, PT

Associate Professor of Physical Therapy, Midwestern University and a Physical Therapist, Chicago Dizziness and Balance. She received her doctor of philosophy degree from Northwestern University’s Institute for Neuroscience. In 1995, she was recipient of the Doctoral Education Fellowship, Illinois Physical Therapy Association. She specializes in and has lectured extensively on the management of patients with vestibular dysfunction. In 1990, she received the Geraldine S. Taylor Fellowship for Physical Therapists at the Rehabilitation Institute of Chicago that enabled her to develop and establish a vestibular rehabilitation program. Her current research “Strategies to Reduce Dizziness in Older Adults” is supported by the National Institute of Health, National Institute on Aging.

Kathy Martinez, PT, MA, NCS

Clinical Instructor, Department of Physical Therapy & Human Movement Sciences, Northwestern University, Feinberg School of Medicine. Kathy is a Board Certified Specialist in Neurologic Physical Therapy and works at the Chicago Dizziness & Balance Clinic specializing in the treatment of patients with vestibular and balance deficits. She has also worked on balance and falls research funded by the NIH (National Institute on Aging) with Mark W. Rogers, PT, PhD and has several publications and presentations on the topic.

Tara Pearce, PT, MHS

Education Program Manager and Physical Therapist, Rehabilitation Institute of Chicago. She has experience treating patients with vestibular deficits and initiated a hospital-based vestibular clinic. She has also completed the Herdman vestibular competency course.

Ruth G. Ramsey, MD

Clinical professor of Radiology at the University of Illinois; Medical Director at Premier Health Imaging Office at MRI of River North in Chicago. Previously Chief, Section of Neuroradiology at the University of Chicago. Dr. Ramsey has written multiple books in the field of Neuroradiology including both brain and spine imagines.

AGENDA

Thursday, March 16, 2006

**8:00 a.m. Registration
 1st floor lobby**

Rehabilitation Institute of Chicago

**Continental Breakfast
Lobby, RIC Academy (16th floor)
Rehabilitation Institute of Chicago**

- 8:30** **Welcome and Opening Remarks**
Tara Pearce PT, MHS
- 8:45** **Anatomy & Physiology of the Vestibular System**
Janet Helminski, PhD, PT
- 9:45** **System Model of Postural Control**
Janet Helminski, PhD, PT
- 10:30** **Break**
- 10:45** **An Overview of the Examination of the Dizzy Patient**
Timothy C. Hain, MD
- 11:15** **Non-Otologic Causes of Dizziness**
Timothy C. Hain, MD
- 12:15 p.m.** **Lunch** (on your own)
- 1:15** **Otologic Causes of Dizziness**
Timothy C. Hain, MD
- 2:15** **Pharmacological Interventions of the Dizzy Patient**
Timothy C. Hain, MD
- 2:45** **Break**
- 3:00** **Vestibular Function Tests**
Timothy C. Hain, MD
- 3:30** **Neuroradiology of the Dizzy Patient**
Ruth G. Ramsey, MD
- 4:00** **Surgical Management of the Dizzy Patient**
Robert Battista, MD
- 5:00 p.m.** **Adjourn**

Friday, March 17, 2006

7:30 a.m. **Continental Breakfast
Lobby, RIC Academy (16th floor)
Rehabilitation Institute of Chicago**

- 8:00** **Evaluation: Oculomotor Examination**
Janet Helminski, PhD, PT
- 9:00** **Evaluation: Postural Control Examination**

Janet Helminski, PhD, PT

- 10:00 Break**
- 10:15 Patient Problem-Solving Session: Evaluation**
Janet Helminski, PhD, PT
- 11:00 Rationale for Therapeutic Intervention and Factors and Influence Recovery**
Janet Helminski, PhD, PT
- 11:30 Intervention for Unilateral Peripheral Vestibular Disorders**
Janet Helminski, PhD, PT
- 12:00 p.m. Lunch** (on your own)
- 1:00 Intervention for Unilateral Peripheral Vestibular Disorders** (continued)
Janet Helminski, PhD, PT
- 1:30 Intervention for Bilateral Peripheral Vestibular Disorders**
Janet Helminski, PhD, PT
- 2:00 Intervention for Central Vestibular Deficits**
Janet Helminski, PhD, PT
- 2:45 Break**
- 3:00 Intervention for Benign Paroxysmal Positional Vertigo (BPPV)**
Janet Helminski, PhD, PT
- 5:00 p.m. Questions/Adjourn**
- Saturday, March 18, 2006**
- 7:30 a.m. Continental Breakfast**
Lobby, RIC Academy (16th floor)
Rehabilitation Institute of Chicago
- 8:00 Intervention for Multisensory Deficits**
Janet Helminski, PhD, PT
- 8:15 Patient Problem-Solving Session: Therapeutic Intervention**
Janet Helminski, PhD, PT
- 9:15 Evaluation: Oculomotor Examination – Lab and Problem-Solving Session**
Timothy C. Hain, MD
Janet Helminski, PhD, PT
Kathy Martinez, PT, MA, NCS
Tara Pearce, PT, MHS
- 10:15 Break**
- 10:30 Evaluation: Postural Control Examination – Problem-Solving Session.**

Kathy Martinez, PT, MA, NCS

11:30 Intervention for Unilateral and Bilateral Vestibular Deficits – Lab and Problem-Solving Session

Timothy C. Hain, MD
Janet Helminski, PhD, PT
Kathy Martinez, PT, MA, NCS
Tara Pearce, PT, MHS

12:30 p.m. Lunch

1:30 Evaluation and Treatment of BPPV – Lab and Problem-Solving Session

Timothy C. Hain, MD
Janet Helminski, PhD, PT
Kathy Martinez, PT, MA, NCS
Tara Pearce, PT, MHS

3:30 Outcome Measures

Janet Helminski, PhD, PT

3:45 Establishing a Vestibular Rehabilitation Program

Janet Helminski, PhD, PT

4:00 p.m. Adjourn

TUITION

\$ 615.00

LOCATION

The program will be held at the Rehabilitation Institute of Chicago. The conference site is wheelchair accessible. Accessible materials, sign language interpretation and personal assistance are available with at least 45-days advance notice.

HOUSING

Rooms have been reserved at the Radisson Hotel & Suites Chicago, 160 East Huron Street, Chicago, Illinois. The Radisson hotel is located two blocks from the Rehabilitation Institute of Chicago. The daily rate for parking is \$37.00/day with unlimited in and out privileges. Please contact their reservations department at 312-787-2900 and indicate that you are attending this course in order to receive the corporate rate of \$89.00 for single or double occupancy or \$129.00 for a one-bedroom suite, plus 14.9% tax. The cut-off date for room reservations is **February 23, 2006**. However, the room block could reach its maximum before this date.

REFUND POLICY

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until **March 9, 2006**. RIC reserves the right to cancel or change any programs for due cause. Cancellation of a program by RIC will result in a full refund of tuition. RIC is not responsible for the refund of travel or hotel expenses under any circumstance.

REGISTRATION CONFIRMATION

Information on ground transportation and maps of the area will be sent with a confirmation letter upon receipt of tuition. For online registration you will receive an email confirmation no later than one week of the date you registered. For registrations received by standard mail or fax, you will receive printed confirmation materials no later than three weeks from the date you mail or fax your registration. If you do not receive confirmation materials, please call 312-238-6042.

NOTE

Registrations will be taken in the order in which tuition checks or credit card faxes are received. Tuition must accompany the registration form in order to confirm a place in this course. Do not make airline reservations that have cancellation penalties until we confirm your registration. However, you should make hotel reservations as soon as possible.

CONTINUING EDUCATION CREDIT

This course has been approved by the Illinois Physical Therapy Board for 21.0 Contact Hours. Approval #216-000069

The Rehabilitation Institute of Chicago is an approved provider for the American Occupational Therapy Association to



**APPROVED PROVIDER of
CONTINUING EDUCATION**
by The American Occupational
Therapy Association, Inc.

offer continuing education in occupational therapy. This intermediate level program awards occupational therapists 2.1 CEUs or 21.0 contact hours. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

OUTREACH PROGRAMS

Our continuing education programs can be brought to your facility as a cost-effective alternative. The Rehabilitation Institute of Chicago is interested in developing specific education programs for your facility. For more information about Outreach Programs, contact the RIC Academy either by Phone: 312-238-6042; Fax: 312-238-4451; or e-mail: education@ric.org

EARNING CONTINUING EDUCATION CREDITS VIA THE INTERNETS

RIC is now offering continuing education programs on the Internet. You can sit at your computer in your office or at home and view experts presenting current state-of-the-art rehabilitation information that you can use in your daily practice. Visit our Web page at www.ric.org/education and click on the "Distance Learning" menu button for information regarding these courses.

REGISTRATION ONLINE at www.ric.org/education
or clip and return this form with payment

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March 16-18, 2006**

Regular Tuition: \$ 615.00

Make check payable to: REHABILITATION INSTITUTE OF CHICAGO

**Mail to: RIC Academy
345 E. Superior Street, Suite 1641
Chicago, Illinois 60611**

Please TYPE or PRINT your name and professional initials (OT, PT) as you would like them to appear on your continuing education certificate.

Name _____
First Name Last Name

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Home Address _____

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RIC Academy
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Rehabilitation Institute *of* Chicago

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