

# 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 8-10, 2012**

Magnuson Auditorium

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 keep abreast of changes in your field. The curriculum is grounded in evidence-based practice when appropriate as well as based on the collective clinical experience of our staff. RIC Academy courses are taught by interdisciplinary teams of recognized specialists from RIC 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. The course format will be lecture, demonstration with patient videotapes, and patient problem-solving sessions.

### **WHO SHOULD ATTEND**

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

### **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 a specialty 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.

*Marcello Cherchi, MD, PhD*

Dr Cherchi received his PhD in linguistics from the University of Chicago, and an MD from the University of Illinois at Chicago. He did his internship in internal medicine at Northwestern Memorial Hospital in Chicago, and remained there for residency in general neurology, and fellowship training in otoneurology. Dr Cherchi now works as an otoneurologist with Dr Timothy Hain at Chicago Dizziness and Hearing, and is on staff at Northwestern Memorial Hospital.

*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.

*Jenet 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 a 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” was supported by the National Institute of Health, National Institute on Aging.

**LAB ASSISTANTS**

*Jonella Black, PT, MS*

Program Coordinator for Vestibular Rehabilitation, NorthShore University HealthSystems in Evanston, IL. Jonella works in the outpatient clinic of Evanston Hospital specializing in the treatment of patients with vestibular and neurological disorders.

*Kathy Martinez, PT, MA, NCS*

Assistant Professor, Department of Physical Therapy & Human Movement Sciences, Northwestern University, Feinberg School of Medicine. Kathy is a Board Certified Specialist in Neurologic Physical Therapy, and has worked in the treatment of patients with vestibular and balance deficits with Dr Hain and Dr Helminski. She has participated in several NIH (National Institute on Aging) funded balance and falls research studies with Mark W. Rogers, PT, PhD and has several publications and presentations on the topic.

## AGENDA

Thursday, March 8, 2012

- 8:00 a.m.**      **Registration**  
1<sup>st</sup> floor lobby  
Rehabilitation Institute of Chicago
- Continental Breakfast**  
Lobby, RIC Academy (16<sup>th</sup> floor)  
Rehabilitation Institute of Chicago
- 8:30**            **Welcome and Opening Remarks**  
Melissa Kolski, PT, OCS, Cert MDT
- 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**            **Migraine Management**  
Marcello Cherchi, MD, PhD.
- 4:00**            **Surgical Management of the Dizzy Patient**  
Robert Battista, MD
- 5:00 p.m.**      **Adjourn**

**Friday, March 9, 2012**

- 7:30 a.m. Continental Breakfast**  
**Lobby, RIC Academy (16<sup>th</sup> floor)**  
**Rehabilitation Institute of Chicago**
- 8:00 Evaluation: Oculomotor Examination**  
Janet Helminski, PhD, PT
- 9:30 Evaluation: Postural Control Examination**  
Janet Helminski, PhD, PT
- 10:45 Break**
- 11:00 Patient Problem-Solving Session: Evaluation**  
Janet Helminski, PhD, PT
- 11:45 Rationale for Therapeutic Intervention and Factors that Influence Recovery**  
Janet Helminski, PhD, PT
- 12:15 Intervention for Unilateral Peripheral Vestibular Disorders**  
Janet Helminski, PhD, PT
- 12:45 p.m. Lunch** (on your own)
- 1:45 Intervention for Unilateral Peripheral Vestibular Disorders** (continued)  
Janet Helminski, PhD, PT
- 2:15 Intervention for Bilateral Peripheral Vestibular Disorders**  
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 10, 2012**

- 7:30 a.m. Continental Breakfast RIC Academy (16<sup>th</sup> floor)**  
**Rehabilitation Institute of Chicago**
- 8:00 Intervention for Central Vestibular Deficits**  
Janet Helminski, PhD, PT
- 8:45 Intervention for Multisensory Deficits**  
Janet Helminski, PhD, PT
- 9:00 Patient Problem-Solving Session: Therapeutic Intervention**  
Janet Helminski, PhD, PT
- 10:00 Break**
- 10:15 Group A: The Use of Video-Frenzel Goggles to diagnose dizzy patients**

Timothy C. Hain, MD

**Group B: Evaluation and Treatment of BPPV – Lab and Problem-Solving Session**

Janet Helminski, PhD, PT

**Group C: Postural Control Examination – Problem-Solving Session**

Kathy Martinez, PT, MA, NCS

**Group D: Intervention for Unilateral and Bilateral Vestibular Deficits – Lab and Problem-Solving Session**

Jonella Black, PT, MS

11:15

**Group D: The Use of Video-Frenzel Goggles to diagnose dizzy patients**

Timothy C. Hain, MD

**Group A: Evaluation and Treatment of BPPV – Lab and Problem-Solving Session**

Janet Helminski, PhD, PT

**Group B: Postural Control Examination – Problem-Solving Session**

Kathy Martinez, PT, MA, NCS

**Group C: Intervention for Unilateral and Bilateral Vestibular Deficits – Lab and Problem-Solving Session**

Jonella Black, PT, MS

12:15 p.m.

**Lunch**

1:15

**Group C: The Use of Video-Frenzel Goggles to diagnose dizzy patients**

Timothy C. Hain, MD

**Group D: Evaluation and Treatment of BPPV – Lab and Problem-Solving Session**

Janet Helminski, PhD, PT

**Group A: Postural Control Examination – Problem-Solving Session**

Kathy Martinez, PT, MA, NCS

**Group B: Intervention for Unilateral and Bilateral Vestibular Deficits – Lab and Problem-Solving Session**

Jonella Black, PT, MS

2:15

**Group B: The Use of Video-Frenzel Goggles to diagnose dizzy patients**

Timothy C. Hain, MD

**Group C: Evaluation and Treatment of BPPV – Lab and Problem-Solving Session**

Janet Helminski, PhD, PT

**Group D: Postural Control Examination – Problem-Solving Session**

Kathy Martinez, PT, MA, NCS

**Group A: Intervention for Unilateral and Bilateral Vestibular Deficits – Lab and Problem-Solving Session**

Jonella Black, PT, MS

3:15

**Outcome Measures**

Janet Helminski, PhD, PT

3:30

**Establishing a Vestibular Rehabilitation Program**

Janet Helminski, PhD, PT

3:45

**Question and Answer**

**4:00 p.m. Adourn**

### **TUITION**

To qualify for group discount rates (you do not need to be from the same facility), students must mail or fax the group's registrations together.

<b>Number of Students</b>	<b>Tuition</b>
Single	\$795
2 to 4	\$745
5 or more	\$725

### **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 **Avenue Crowne Plaza Chicago**, 160 East Huron Street, Chicago, Illinois.

The **Avenue Crowne Plaza Chicago Hotel** is located 1½ blocks from RIC. Please contact their reservations department from 9:00 am until 5:00 pm at (312) 787-2900 and indicate that you are attending this course in order to receive the corporate rate of \$149 for a Deluxe King (single or double occupancy), \$169 for two queen beds in the room, plus 15.4% tax. The daily rate for parking at the Avenue is \$49.00/day. The cut-off date for room reservations is **Tuesday, February 14, 2012**.

The room block could reach its maximum before the above cut-off dates. Rooms and rates revert to a space-available basis after the room block has reached its maximum or after the cut-off date

### **REFUND POLICY**

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until **March 1, 2012**. 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.

### **IMPORTANT REGISTRATION INFORMATION**

Registrations will be taken in the order in which tuition checks or credit card information is received. We highly encourage you to register online as these are processed more quickly than mailed or faxed registrations. **Full Tuition must accompany the registration form in order to confirm a place in this course.** Until you receive your **confirmation letter** you are not officially

registered for the course. For online registrations you will receive email confirmation within one week of the date you registered. For registrations received by standard mail or fax the confirmation may take up to 3 weeks after we receive your registrations. If you do not receive confirmation within this time period, please call 312-238-6042.

Do not make airline reservations that have cancellation penalties until we confirm your registration. However, you should make hotel reservations as soon as possible.

**One week prior to the course only internet registrations and faxed registrations that include an email will be accepted.** Please note that the course could reach its maximum enrollment before this time.

### **CONTINUING EDUCATION CREDIT**

This course has been approved by the Illinois Physical Therapy Board for 21 Contact Hours.  
Approval #216-000069

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



REGISTRATION ONLINE at [www.ric.org/education](http://www.ric.org/education)  
or clip and return this form with payment

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**Group Discount Policy**

To qualify for group discount rates (you do not have to be from the same facility), students must mail or fax the group's registrations together. Group members cannot receive the discounted rate if the registrations are received separately.

- Single Registration Tuition: \$795
- 2 to 4 Tuition per registrant: \$745
- 5 or more Tuition per registrant: \$725

**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

Home Phone ( \_\_\_\_\_ ) Prof. Initials \_\_\_\_\_

Home Address \_\_\_\_\_

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

Organization/Facility \_\_\_\_\_

Work Address \_\_\_\_\_

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

Work Phone ( \_\_\_\_\_ ) Fax ( \_\_\_\_\_ )

Position \_\_\_\_\_

E-mail \_\_\_\_\_

Send me information about other CE Courses

Do not send me information

(We encourage you to use email – it allows us to respond much faster to your registration. Thank you)

**Please note: registration will not be processed without full payment.**

**Method of Payment:**  Check enclosed  Credit Card

**Credit Card Users Must Complete the Following Information:**

1)  Personal Credit Card  Corporate Credit Card

2)  MasterCard  VISA

Credit Card # \_ \_ \_ \_ - \_ \_ \_ - \_ \_ \_ - \_ \_ \_ \_

Expiration Date \_ \_ / \_ \_

Name on Card \_\_\_\_\_

Billing Address \_\_\_\_\_

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

Cardholder's Signature \_\_\_\_\_

Credit card registrations may be faxed to: 312-238-4451. If you fax your registration, do not send another registration by mail.

For official use # \_\_\_\_\_ CC MK201202 D \_\_\_\_\_

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Rehabilitation Institute of Chicago

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