

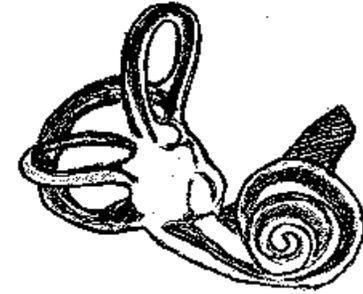
## Course Description

In this seminar, you will learn effective evaluation and treatment strategies for patients with complaints of dizziness or loss of balance. The course begins with a discussion of vestibular anatomy and postural control mechanisms. Participants will understand the pathophysiology of dysfunction. The course will assist the clinician in differential diagnosis strategies. Lab sessions are integrated to assist the learner in the application of outcome measures, specific vestibular maneuvers, and exercises. Clinicians will leave the course armed with tools for evidenced based assessment and treatment for dizziness, vertigo, and balance dysfunction.

Vestibular and Balance Rehabilitation Seminars  
Back to Balance PT and Wellness, PC  
30101 Town Center Drive, Suite 103  
Laguna Niguel, CA 92677

\*\*PT clinic available to share in Laguna Niguel

## Vestibular and Balance Rehabilitation Seminars (15 contact hours)



*The Inner Ear*

*June 30-July 1, 2018  
Azusa, CA*

*July 15-July 16, 2018  
Laguna Niguel, CA*

*September 29-30, 2018  
Laguna Hills, CA*

*Course approved by an agency recognized by the CA PT Board for CEUs: 15 contact hours.*

*Wendy Wood PT, DPT, GCS, CEEAA*

**Back to Balance PT and Wellness, PC**  
[www.backtobalancept.com](http://www.backtobalancept.com)

### Why You Should Attend This Course

Vestibular and balance disorders may result from CVA, trauma, infection, debilitation, congenital disorders and numerous other conditions. Patients are seen in all settings, both orthopedic and neurologic. Vestibular disorders can cause disturbing symptoms such as dizziness, vertigo, nausea, anxiety, fatigue, and imbalance. The related impairments can lead to functional limitation and disability. Balance related falls can be devastating, even fatal. Evidence has shown vestibular disorders are frequently not diagnosed or treated properly. Research has shown vestibular and balance rehabilitation to be highly effective.

**Instructor:** Wendy Wood DPT, GCS is an expert clinician in vestibular and balance rehabilitation. Dr. Wood has practiced extensively in specialized centers, including the Naval Hospital Camp Pendleton TBI Vestibular Clinic where she treated soldiers with Post Concussive Syndrome (PCS). Additionally, she has treated patients with vestibular disorders in outpatient, acute, rehabilitation, home health, and skilled nursing facilities, from professional athletes to the frail elderly. She has helped establish vestibular and balance programs in various centers. Dr. Wood has lectured nationally on vestibular rehabilitation, balance, and fall prevention for 10 years. She was previously a fulltime professor at the University of St. Augustine and an adjunct professor at Fresno State and Azusa Pacific Universities. Currently, she runs her own clinic and is a part-time professor at Chapman University. She earned a Masters of Physical Therapy at CSU, Fresno and a post professional DPT at Temple University. She holds a vestibular competency from Emory University, and is a member of the Vestibular Disorders Association and APTA, including Geriatric and Neurologic sections. Wood is a Geriatric Clinical Specialist, contributing writer to *Physical Therapy Case Files Neurological Rehabilitation* (McGraw Hill 2014) and an invited member of the Vestibular Special Interest Group's Vestibular Clinical Practice Guidelines Critical Appraisal Team.

### Day One

7:30-8:00	<b>Registration</b>
8:00	<b>The problem of dizziness and disequilibrium</b> Prevalence, Signs and Symptoms, Etiologies
9:30	<b>Anatomy/ physiology of movement perception and balance</b>
10:15	<b>Break</b> (afternoon break at 2:45 pm)
10:30	<b>Benign paroxysmal positional vertigo (BPPV)</b>
11:00	<b>BPPV Evaluation and Treatment Lab</b> Canalith Repositioning Maneuvers Eval and Tx Algorithm, Contraindications
11:30	<b>Peripheral Vestibular Pathology</b> Vestibular neuritis, labyrinthitis, perilymphatic fistula, acoustic neuroma, endolymphatic hydrops, Meniere's, Bilateral Vestibular Disorders
12:00	<b>Lunch (on your own)</b>
1:00	<b>Introduction to Vestibular Evaluation</b> Critical elements of history and systems review Oculomotor exam, Eye motion analysis, Differential diagnosis
1:45	<b>Vestibular recovery</b> Adaptation, compensation, habituation
2:15	<b>Oculomotor exam and vestibular exercise lab</b>
3:00	<b>Comprehensive Balance &amp; Vestibular Eval</b> Multifactorial fall risk assessment, subjective & objective outcome measures, postural, gait assessments, Diagnostic and vestibular function tests, Red flags
3:45	<b>Postural and gait assessment Lab</b>
4:15-5:00	<b>Small Group Case Study Discussion, Review</b>

### Day Two

8:00 am	<b>Multidimensional Balance Treatment Plan</b> Theoretical basis or recovery & core concepts Addressing impairments and functional deficits Motor Control and learning principles
9:15	<b>Balance and Vestibular Rehab Strategies Lab</b> COG control, Postural strategies, Multisensory training, Gait strategies, Tai Chi
10:15	<b>Break</b> (afternoon break at 3:15pm)
10:30	<b>Central and Cerebellar disorders</b> Stroke, Concussion/ TBI, Migraine, MS
11:00	<b>Space and Motion Sensitivity</b>
11:30	<b>Lab: Interventions to address central deficits</b>
12:00 pm	<b>Lunch (on your own)</b>
1:00	<b>Cervicogenic Dizziness</b> Clinical presentation, differential diagnosis
1:30	<b>Lab: Cervical kinaesthesia &amp; stabilization</b>
2:00	<b>Balance and Vestibular Rehab management</b> Reimbursement issues, Research Literature Recap, Educational and Marketing tools
3:30	<b>New and Developing Treatment Approaches</b> Military technologies, virtual environments
4:00-4:30	<b>Case studies, Review, and class wrap up</b>

(Course approval :15 contact hours/1.5ceu)

**Objectives:** The participant will be able to:

- Describe the possible causes of dizziness, vertigo, and imbalance
- Understand the anatomical and physiological basis of vestibular and balance function
- Effectively test and treat BPPV with immediate results
- Recognize the signs and symptoms that distinguish categories of dysfunction and differential diagnosis
- Apply specific evaluation techniques including oculomotor, postural, and positional tests
- Develop an evidence based vestibular treatment plan to address specific vestibular and balance impairments
- Understand strategies to progress balance re-training
- Utilize effective tools, including research findings to educate & market to referral sources.

**Registration: by phone, fax, mail, or website: [www.backtobalanept.com](http://www.backtobalanept.com)**

**Include Seminar Dates/ Location and:**

Name:

Address:

Phone and email:

Early Registration: 3 weeks or more prior to seminar date: \$399

Groups: 2-4: \$379 each, Groups 5-9: \$369 each  
Regular Registration: \$419

*Credit cards, checks, money orders, payable to Back to Balance PT and Wellness*

**Cancellation policy:** A refund minus \$50 if cancellation is at least 2 weeks prior to course. If cancellation is less than 2 weeks before, a \$100 fee will be charged. Notice of cancellation must be received in writing. A full refund will be provided if the instructor cancels the course, but no other expenses incurred will be refunded.

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