Course Description

In this seminar, you will learn effective evaluation and treatment strategies for patients with dizziness or loss of balance, with an emphasis on vestibular disorders and concussion (mTBI). The course begins with a discussion of vestibular anatomy, postural control mechanisms, and the pathophysiology of dysfunction. Differential diagnosis strategies and 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, balance dysfunction, and mTBI.

Vestibular and Concussion (mTBI) Rehabilitation

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

Attention: PTs, OTs, PTAs
Accredited Continuing Ed Course

Vestibular and Concussion (mTBI) Rehabilitation Seminar (15 contact hours/ 1.5 CEU)

The Inner Ear

April 25-26, 2020
Fresno, CA
San Joaquin Valley Rehabilitation

Course approved by an agency recognized by the CA PT Board for 1.5 CEUs: 15 contact hours.

Wendy Wood PT, DPT, GCS

Back to Balance PT and Wellness, PC
www.backtobalancept.com

Why You Should Attend This Course

Vestibular disorders may result from trauma infection, debilitation, congenital disorders and many other conditions. There is a high incidence of vestibular impairment in patients with concussion (mTBI). 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 rehabilitation to be highly effective in treating dizziness and imbalance.

Instructor: Wendy Wood DPT, GCS is an expert in vestibular and concussion rehabilitation. Dr. Wood has practiced extensively in specialized centers, including the Naval Hospital Camp Pendleton TBI Vestibular Clinic where she treated soldiers with Post-Concussion Syndrome (PCS). She has treated patients with vestibular disorders in outpatient, acute, rehabilitation, home health, and skilled nursing, from athletes to the frail elderly. Dr. Wood has lectured nationally on vestibular rehabilitation, balance, and fall prevention for over 13 years. She has been a part-time professor in Doctor of Physical therapy Programs at the University of St. Augustine, CSU, Fresno, Azusa Pacific University, and Chapman University. Currently, she runs her own clinic and lectures part time. 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) a member of the APTA' Neurology Section and Vestibular Special Interest Group's Vestibular Clinical Practice Guideline 2016 Critical Appraisal Team.

Day One

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

Day Two

8:00 am	**Central and Cerebellar disorders overview** Stroke, Concussion/ mTBI, Migraine, MS Space and Motion Sensitivity
9:00	**What is a concussion and PCS?** Mechanism of injury, Epidemiology Metabolic and neurophysiologic changes Comorbities, Complexities
10:15	**Break** (afternoon break at 2:45 pm)
10:30	**Is it Eyes, Ears, Neck, or Brain? Assessment** Basic Lab: CN, VOR, mCTSIB Advanced Lab: Ocular Misalignment, SVV, HSN, Vibration, Valsalva, Hyperventilation, Video presentations
11:30	**Cervicogenic Dizziness, PPPD** Clinical presentation, differential diagnosis
12:00 pm	**Lunch (on your own)**
1:00	**Interventions to Address TBI Vestibular** Exercise paradigms and rationale
1:30	**Lab: Habituation, Adaptation, Habituation, Vision rehab or substitution**
3:30	**Case studies, progressions**
4:30-5:00	**Review, and class wrap up**

(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 of vestibular disorders.
- Understand the signs and symptoms of concussion and Post-Concussion Syndrome (PCS) and the areas of possible damage to the vestibular and balance system.
- Be able to evaluate the visual system and identify dysfunctional eye motions.
- Understand and apply specific evaluation techniques including oculomotor, postural, and positional tests.
- Recognize red flags and reasons to refer out.
- Develop an evidence based vestibular treatment plan to address specific vestibular impairments.

Registration: by phone, secure fax, mail, or website: www.backtobalanept.com
Include Seminar Dates/ Location and:

Name, phone, email

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

Groups: 2-4: $389 each, Groups 5-9: $379 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 $75 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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