



**Select Medical Outpatient Division  
Clinical Education Department**  
1217 Ira E. Woods Avenue, Grapevine TX 76051  
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**TO:** Managers and Clinicians  
**FROM:** Alan Evans, PT, MOMT, FAAOMPT, MCSP  
**DATE:** 1/28/2010  
**RE:** **EDUCATION PROGRAM ANNOUNCEMENT**  
**Current Concepts and Practical Clinical Applications**

Please find below information regarding a clinical education course scheduled for your area:

**COURSE:** Vestibular Rehabilitation  
**DATES:** April 17-18, 2010  
**SCHEDULED INSTRUCTOR(S):** Jeffrey Walter, PT, NCS  
 Sunbury, PA  
**LOCATION:** Select Physical Therapy  
 11230 Waples Mill Road, Ste. 130  
 Fairfax, VA 22030  
 703-273-2400  
 Host Center Manage/Contact: Andy Prishack

**DIRECTIONS:** Rt 66 to Rt 50 east at the first red light make a left on to Waples Mill Rd, then make a quick right and another quick right into parking lot, circle within lot and parallel to Rt 50 (in lot). We are closer to Courtyard by Marriott, between 2 dental offices. There is plenty of parking. Dulles Int'l Airport is approximately 10 miles.

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 30 participants.

To register for the course, please fill out the attached registration form if you do not have intranet access. Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 13 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4-6 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email [linda.gilles@selectmedicalcorp.com](mailto:linda.gilles@selectmedicalcorp.com)

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager. Please be advised that the Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

**Vestibular Rehabilitation**  
**April 17-18, 2010 – Fairfax, VA**

**Course Description:**

This evidence based course will train clinicians in the practical management of vestibular disorders. The course will include Instruction in anatomy and physiology, medical management, pathology, detailed bedside examination and treatment skills. The material will be presented in a lecture, lab and video case study format. Competence in the performance of a comprehensive office/bedside examination and treatment skills will be addressed in a lab format. The seminar is intended to enhance the clinician's ability to evaluate the appropriateness and effectiveness of VRT for common vestibular disorders. Practical application of VRT to a variety of practice settings (outpatient, acute care, SNF, ER) will be discussed. An emphasis will be placed on the management of BPPV variants. **13 Contact Hours**

**Intended Audience: PT, OT**

**Instructional Level:** Introductory

**Prerequisite:** None

**COURSE OBJECTIVES:**

**Learning Objectives:** At the completion of the course the participant will:

1. Perform a detailed bedside vestibular & balance examination
2. Based on patient history and bedside examination, identify the specific features of:
  - Peripheral vestibular disorders
  - Central vestibular disorders
  - Non-vestibular dizziness
3. Recognize typical characteristics of peripheral vestibular vs. central-etiology nystagmus
4. Identify appropriate standardized assessment tools for use in vestibular rehabilitation
5. Prescribe rehabilitation programs to address adaptation and compensation for vestibular dysfunction
6. Identify specific variants of BPPV and perform appropriate canalith repositioning maneuvers
7. Identify indications for medical referral
8. Recognize the clinical significance of diagnostic studies and lab data

**Course Highlights:**

- Anatomy, Physiology and Pathophysiology
- Postural Control Systems
- Medical Management: Diagnostic, Pharmacology, and Surgery
- Management of posterior canal BPPV and common variants
- Bedside examination and BPPV lab
- Video case studies
- Patient demonstrations when available
- Documentation and Billing
- Marketing

## **Saturday**

- 7:30 - 8:00 **Registration**
- 8:00 -10:00 **Anatomy and Physiology of the Vestibular and Balance System**
- 10:00 – 10:15 **Break**
- 10:15 - 12:00 **Vestibular Disorders and Management Options / Non-Otogenic Dizziness**
- Unilateral Disorders: Vestibular neuritis, labyrinthitis, acoustic neuroma, superior canal dehiscence, anterior vestibular artery ischemia, Meniere's disease.
  - Bilateral Disorders
  - Central Disorders: MS, CVA, Chiari malformation, Cerebellar Degenerative Disorders
  - Non-Otogenic Dizziness: Migraine, Anxiety, VBI, Mal de Debarquement, Cervicogenic Dizziness
- 12:00 - 1:00 **LUNCH**
- 1:00 – 1:30 **Vestibular Disorders and Management Options / Non-Otogenic Dizziness (cont)**
- 1:30 – 3:45 **Bedside / Office Examination** (*combined lecture / practicum*)  
Ocular ROM, gaze holding, saccades, multi-canal head impulse testing, post-head shake induced nystagmus, hyperventilation, valsalva, static vs. dynamic visual acuity, head positioning tests, past pointing, Fukuda, Step Test, CTSIB, gait
- 3:45 – 4:00 **Break**
- 4:00 – 4:45 **Vestibular and Balance Rehabilitative Treatment Strategies**
- Rehabilitation Evaluation
  - Treatment strategies (adaptation, compensation, habituation)
  - Review of evidence
- 4:45 - 5:30 **Video Case Studies**

## **Sunday**

- 7:45 -10:00 **Benign Paroxysmal Positional Vertigo**  
Pathophysiology, identification of variant forms, canalith repositioning maneuvers, management guidelines, efficacy review
- 10:00 – 10:15 **Break**
- 10:15 - 11:00 **Video Case Studies (BPPV)**
- 11:00 – 12:15 **Lab (BPPV Practicum):**
- Examination: Hallpike, Roll, Sidelying Tests;
  - Maneuvers: Modified Epley, Semont, Gan's, Appiani,
- 12:15 – 1:00 **Full Case Study**

## **Instructor Biography:**

**Jeff Walter PT, NCS** practices vestibular and balance rehabilitation at Geisinger Medical Center in a variety of settings including: outpatient rehabilitation, emergency department, acute care, and inpatient rehabilitation. Jeff is an associate faculty member at Misericordia University Department of Physical Therapy. Jeff is a graduate of the University of Wisconsin and has attained competency certification in "Vestibular Rehabilitation" and Vestibular Function Test Interpretation". He has lectured at numerous professional conferences, universities and continuing education courses for audiologists, physicians and therapists involved in managing patients with dizziness and imbalance.

## **Instructor Disclosure Statement:**

The instructor does not have any financial interest or other relationship with the manufacturers or providers that may be discussed in this course.

## **Program Accreditation:**

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 13 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

### **Pennsylvania State Board of Physical Therapy**



## **ADA Compliance:**

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for employees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.