

2012 Course Dates & Locations

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This course is 15.0 contact hours/1.50 ceus.
18 contact hours/1.8 ceu's for therapists licensed in FL, NC, IL, NY or DC.

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CA Approval #PTNAS0128 | BOC provider #P2047
IL Provider #216000074 | AOTA provider # 4487

This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #PTNAS0128. This course meets the continuing education requirements for OT license renewal in the State of California. The Nevada Board of Physical Therapy Examiners has approved this course for 1.5 continuing education units. This course meets the ceu requirements set forth by the Utah Physical Therapy Practice Act Rule. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. NAS is approved by the IDPR for physical therapists licensed in the State of Illinois. This course has been approved by the Maryland Board of Physical Therapy Examiners. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, North Carolina, Ohio, Oregon, Oklahoma, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. This course meets the requirements for ceus for physical therapists set forth by the Oklahoma Board of Medical Licensure. NAS courses are approved in North Carolina for continuing competency requirements for physical therapist license renewal. FL OT Provider number 50-1442.

Vestibular and Balance Rehabilitation

for the Dizzy and Unbalanced Patient



Presented by
Wendy Wood, DPT, GCS

North American Seminars, Inc.
1-800-300-5512
Fax 1-800-310-5920
www.healthclick.com

Day One		Day Two	
7:30 8:00	8:00 8:30	8:00	10:00
8:30	10:00	10:00 10:15	10:15 11:15
10:00 10:15	10:15 11:15	11:15	12:00
11:15	12:00	12:00 12:30	12:30 1:00
12:00 1:00	1:00 1:30	1:00	2:00
1:30	3:00	2:00	2:30
3:00 3:15	3:15 4:00	2:30	3:00
4:00	5:00		
5:00	6:15		

Registration
Introduction to the Dizziness and Disequilibrium

- Prevalence of dizziness, statistics on falls
- Etiologies of dizziness and balance disorders
- Signs and symptoms of dysfunction

Anatomy and Physiology of Movement Perception and Balance

- Dynamic Equilibrium model
- Peripheral vestibular anatomy
- Central nervous system connections and pathways

Break
Pathology of the Peripheral Vestibular System

- Benign paroxysmal positional vertigo (BPPV)
- Vestibular neuritis, labyrinthitis, acoustic neuroma, ototoxicity, perilymphatic fistula, endolymphatic hydrops, Meniere's disease
- Bilateral disorders

BPPV Treatment (Lecture/Lab)

- Differential canal involvement and variants
- Dix-Hallpike, Brandt-Daroff, and Roll tests
- Canalith repositioning maneuver for posterior and anterior canal
- Liberatory, Semont, Appiani, Bar-B-Que Roll
- Algorithm for treatment, modification
- Contraindications to assessment and treatment

Lunch (on your own)
Cervicogenic Dizziness

- Current literature and theories
- Clinical presentation and differential diagnosis of dizziness related to cervical spine
- Determining when to refer to another health care professional
- Red flags

Balance and Dizziness Assessment Introduction

- Age related changes in balance
- Critical and key components of patient history
- Multifactorial risk assessment
- Diagnostic and vestibular function tests

Break
Balance and Dizziness Assessment

- Vestibular system evaluation components
- Balance and fall risk assessment
- Computerized dynamic posturography
- Differential Diagnosis, central vs. peripheral pathology

Balance and Dizziness Assessment (Lab)

- Oculomotor and visual vestibular testing
- Tests of postural control, fall risk assessment
- CTSIB-analysis of sensory integration
- Gait competency assessment

Case Study Applications, Review

Multidimensional Balance Treatment Plan (Lecture/Lab)

- Center of gravity control training
- Postural strategies
- Multisensory training
- Gait variability enhancement
- Fitness and Tai Chi balance
- Motor control and learning

Break
Vestibular Rehabilitation (Lecture/Lab)

- Theoretical basis for recovery
- Retraining the VOR and VSR
- Vestibular adaption, habituation and substitution strategies

Central Disorders

- Central vestibular disorders
- Cerebellar disorders
- Migraine and Mal de Debarquement

Lunch (on your own)
Cervicogenic Dizziness Assessment and Treatment

- Differential diagnosis
- Cervical kinesthesia re-education
- Cervical stabilization exercises
- Precautions

Rehab Management Considerations

- Identifying impairments
- Establishing goals
- Treatment progression strategies
- Psychological issues
- Reimbursement issues
- Equipment needs on budget
- Case study applications

New and Developing Treatment Approaches

- Space and motion sensitivity habituation
- New technologies
- Unclassified use of technology in the military
- Virtual reality environments

Review and Wrap Up

Certificates of attendance for CEU verification are provided after successful completion of the course.



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About the Educator

Wendy Wood, DPT, GCS is a physical therapist at a leading hospital based outpatient Balance and Vestibular Center in central California. Dr. Wood is a Board Certified Specialist in Geriatric Rehabilitation and also holds a competency based certification in vestibular rehabilitation. Additionally, she has been certified as a Balance and Mobility Specialist Instructor through the FallProof™ Program of California State University, Fullerton's Center for Successful Aging. Dr. Wood has treated patients with dizziness and balance disorders in various settings including acute care, rehabilitation, outpatient orthopedic, long-term care and assisted living facilities. She has treated patients of all ages including adolescents, professional athletes and geriatrics. She has assisted in developing vestibular rehabilitation programs at local clinics and has acted as a consultant for other health care professionals on balance and vestibular disorders. Dr. Wood has taught nationally on vestibular rehabilitation, dizziness and fall prevention. She is an Adjunct Instructor at Fresno City College's Health and Science Division. Ms. Wood earned her Masters of Physical Therapy at California State University, Fresno and a Doctor of Physical Therapy at Temple University in Pennsylvania. She is member of the American Physical Therapy Association including the Vestibular Special Interest Group, and she is a professional member of VEDA, the Vestibular Disorders Association. Her interests include the integration of neurological science into neurorehabilitation and evidence-based research concerning new technologies to treat dizziness, spatial disorientation and balance.

Why You Should Attend This Course

Dizziness is one of the most common complaints reported to physicians. Symptoms of dizziness, vertigo, or imbalance are disabling and may result from stroke, head injury, infection or medical debilitation. Patients are frequently referred to both orthopedic and neurologic clinics. This two-day intermediate course will provide detailed examination and intervention strategies to assist the practitioner in skilled assessment and treatment of dizziness and balance disorders. The course begins with discussion of the anatomy and physiology of movement perception and equilibrium. The clinician will gain a thorough understanding of various categories of dysfunction including cervicogenic, vestibular and central nervous system disorders. Diagnostic tests and their interpretation are discussed and related to differential diagnosis techniques. The most current treatments are presented for benign paroxysmal positional vertigo and the attendee will have the opportunity to gain skill appropriately selecting and performing repositioning maneuvers. Cervicogenic dizziness, cervical pathology and the role of the cervical spine in spatial orientation and balance are described. Clinicians will obtain a thorough understanding of the foundation and relevance of vestibular rehabilitation therapy. A comprehensive multidimensional balance assessment and retraining program aimed at fall prevention is outlined in detail. Research based evidence and literature supporting treatment is reviewed. Hands-on laboratory sessions are combined with lecture to assist the learner in the practice and application of skills. Several case studies are provided as examples so the learner may synthesize and integrate course material into clinical decision making. Therapists will be able to immediately apply the skills learned in this course to clinical practice.

Course Objectives

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

- Describe the various etiologies of dizziness and balance disorders.
- Understand the anatomical and physiologic basis of movement perception and balance.
- Recognize the signs and symptoms that distinguish common diagnostic categories of vestibular, cervical and central dysfunction.
- Define and describe the diagnostic criteria for cervicogenic dizziness.
- Effectively assess and treat benign paroxysmal positional vertigo using current treatment strategies.
- Describe diagnostic tests for dizziness and imbalance and their clinical relevance.
- Describe the multidimensional approach to an understanding of balance and fall prevention.
- Perform sensory and motor tests relating to postural control and fall assessment.
- Apply specific evaluative tests including oculomotor, visual-vestibular, motion sensitivity and CTSIB.
- Develop an appropriate treatment plan to address vestibular impairments.
- Apply assessment and treatment strategies for cervicogenic dizziness.
- Distinguish patient impairment, set specific treatment goals, and be knowledgeable of reimbursement issues for the dizzy or unbalanced patient.

Wood11

Registration Form

Name _____ Profession _____

Home _____

Address _____

City _____ State _____ Zip _____

Credit Card _____

Exp. date _____ Phone (required) _____

e-mail (required) _____

Location of attendance _____

Dizziness and the Unbalanced Patient



Course Tuition: \$425

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.