

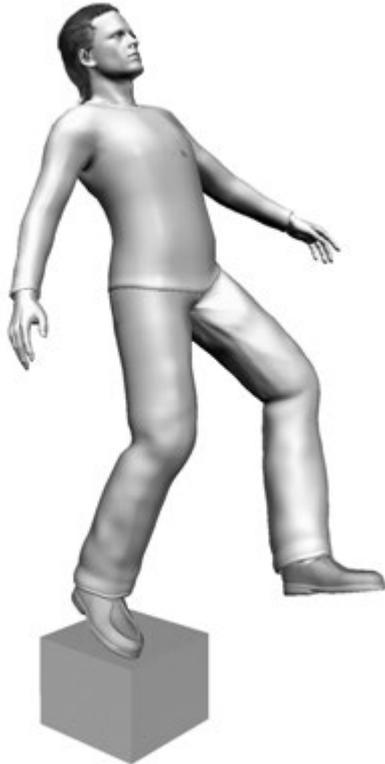
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Certificates for attendance are provided upon course completion.  
 This course is 16 contact hours/1.6 ceus  
 This course is 19 contact hours/1.9 ceu's for DC, NY or IL therapists

**This course is applicable for PT, PTA, OT, OTA, AT.** This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 16 ccu's, 16 Category-1 PDA points. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 16 ccu's. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** AOTA approval hours are 16. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047,** 16 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

# Vestibular Rehabilitation

## A Comprehensive Clinical Approach for Positive Functional Outcomes



**Presented by**  
**Georgia L. Groomer, PT**

North American Seminars  
 1-800-300-5512 | Fax 1-800-310-5920  
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**PT, OT, PTA and AT -  
 Continuing Education Course**

### Day One

- 7:30 8:00 **Registration**
- 8:00 8:45 **Introduction- Statistics of Vestibular Disorders**
- 8:45 9:00 **Break**
- 9:00 10:00 **Anatomy and Physiology of the Vestibular System**
- 10:00 11:00 **Sensory and Motor Components of Balance**
- 11:00 12:30 **Clinical Testing Procedures**
  - Oculomotor/VOR
  - Somatosensory/VSR
- 12:30 1:00 **Lunch (on your own)**
- 1:00 2:45 **Categories of Vestibular Disorders**
  - Spontaneous vs. positionally provoked
  - Central vs. peripheral
- 2:45 3:15 **Mechanisms of Recovery**
  - Injury, compensation and decompensation
  - Adaptation and habituation
  - Role of the therapist
- 3:15 3:30 **Break**
- 3:30 5:30 **Benign Paroxysmal Positional Vertigo (BPPV)**
  - Cupulolithiasis vs. canalithiasis
  - Differential treatment and treatment options
- 5:30 6:30 **Vestibular Rehab Evaluation**
  - Testing procedures
  - Treatment plan/goal setting

### Day Two

- 8:00 10:30 **Vestibular Rehabilitation Evaluation Laboratory**
  - Oculomotor testing
  - Balance assessment
- 10:30 10:45 **Break**
- 10:45 12:30 **BPPV Laboratory**
  - Testing
  - Treatment
- 12:30 1:00 **Lunch (on your own)**
- 1:00 3:15 **Rehab Management Considerations**
  - Typical treatment progression (according to diagnosis and symptoms)
  - Marketing strategies
  - Reimbursement ideas
  - Equipment/resource ideas
- 3:15 **Conclusion**



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# About the Educator

**Georgia Groomer, PT, is a 1991 graduate of the University of Texas Health Science Center at San Antonio.** She has specialized in vestibular program development and design since 1997. Georgia earned her certificate of clinical competency in the diagnosis and treatment of vestibular disorders in 1999. She has been an instructor with North American Seminars, Inc., since 2000 and has presented locally and nationally on a variety of topics including dizziness, balance disorders, fall prevention and vestibular rehabilitation. Georgia has had the opportunity to practice her unique vestibular evaluation skills and treatment philosophies in a variety of clinical settings including hospital-based outpatient facilities, multi-disciplinary regional balance centers, consultative/staff training for various medical systems and therapy services provided incident-to Otology/Neuro-Otology medical practices. Georgia has worked extensively to educate the primary sector of medicine regarding the role of rehabilitation therapists in the management of dizziness and balance disorders. She has been involved at the local and national levels in campaigning efforts to improve the recognition and reimbursement of vestibular rehabilitation by third party payors. Georgia has developed strategies designed to aid the frustrated vestibular therapist practicing in our current healthcare environment which does not always allow time for a full comprehensive vestibular assessment. Her wide range of experience in vestibular rehabilitation program development enables her to provide an eclectic and practical approach to teaching as well as to patient care.

## ★ ★ Vestibular Rehabilitation ★ ★ Examination & Treatment DVD

- An advanced educational program featuring examination and treatment techniques associated with vestibular rehabilitation.
- Step-by-step discussion of twenty-eight vestibular examination techniques.
- Twenty-three treatment techniques, including BPPV and Oculomotor-Central techniques are detailed with expert narration.
- Expert Narration by Barry Morgan, PT.
- High quality, professional video production.
- Educate yourself and share the DVD with other professionals for a group savings on CEU credit hours, see website for details.

Go to [www.healthclick.com](http://www.healthclick.com) for video clips, detailed information about DVD, homestudy and state approvals.

DVD is not mandatory for live course participation

# Why You Should Attend This Course

This two-day intermediate level course provides the fundamentals for evaluating and treating vestibular dysfunction. A basic overview of vestibular function and anatomy as well as central nervous system interaction is provided. Hands-on laboratory sessions enhance the clinician's ability to properly perform testing techniques for vestibular disorders. Quite often the "missing link" in the management of a client's complaints lies within the weakness of the vestibular system. A thorough understanding of underlying disorders assist the clinician in developing effective treatment and exercise programs to decrease symptoms and enhance balance and functional ability. Options and considerations for creating treatment plans and long-term care management strategies are thoroughly discussed.

The treatment ideas presented in this course can be applied to patients with vestibular disorders as well as to patients with limitations in balance or sensory integration. Clinicians will be able to immediately apply this information in the clinical setting.

This course is offered to physical therapists, physical therapy assistants, occupational therapists and occupational therapy assistants. An extensive laboratory component is designed to provide clinicians with skills required for the treatment of their balance and vestibular patients.

## Course Objectives

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

- Identify the anatomical structures responsible for perception of movement and understand their physiological functions.
- Recognize the intricate connections between the vestibular, oculomotor and somatosensory systems and how they combine to maintain stability of posture and vision.
- Recognize and understand the different mechanisms of recovery of the vestibular system and how they impact the course and content of rehabilitation.
- Recognize typical vestibular disorders by symptom and category and identify critical areas for therapeutic intervention.
- Perform evaluative procedures and assess findings (interview/history, Dizziness Handicap Inventory, oculomotor exam, visual-vestibular exam, positional testing, Motion Sensitivity Quotient, Dynamic Gait Index, static balance assessments, systems screening).
- Recognize typical presentations of nystagmus and their relevance to treatment.
- Design an appropriate treatment plan including; appropriate tasks, therapeutic exercises and measurable goals.
- Perform appropriate therapeutic exercises and procedures to patients with vestibular disorders.

Groomer18

## Vestibular Rehabilitation



Send tuition to: North American Seminars, Inc.

2000 Mallory Lane Suite 130-67 Franklin, TN 37067

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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 or transfers 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.

All this information is required in order to process a registration