

Course Dates & Locations

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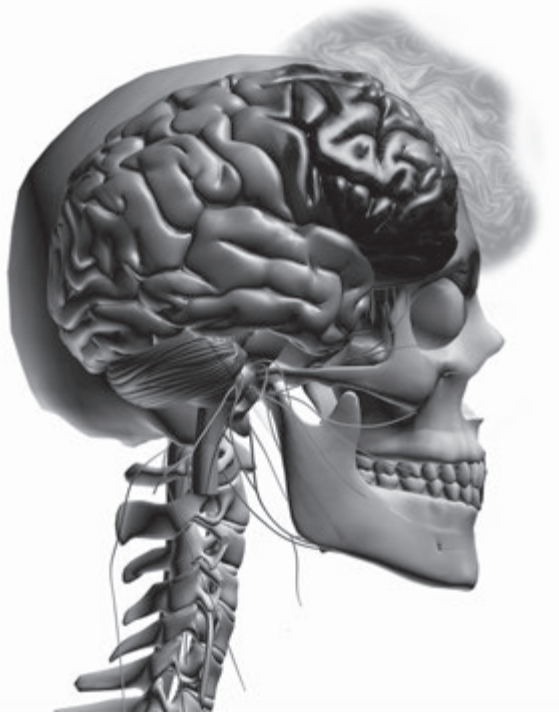
Certificates of attendance are given upon  
successful completion of the course.

This course is 15.0 contact hours/1.50 CEUs

This course is 18 hours/ 1.8 CEUs for therapists licensed in the  
District of Columbia, Florida, Illinois and New York

Mastering Rehab  
Solutions for the  
Complexities of  
Concussions

An advanced evidence based  
course to promote functional outcomes



Presented by  
Elizabeth Grace Georgelos, PT, MS, NCS  
  
North American Seminars, Inc.  
1-800-300-5512 | Fax 1-800-310-5920  
[www.healthclick.com](http://www.healthclick.com)  
  
PT, OT, PTA and ATC -  
Continuing Education Course

Day One

7:30	8:00	<b>Registration</b>
8:00	8:45	<b>Mild TBI and Concussions</b> <ul style="list-style-type: none"><li>• Introduction and background information</li><li>• Definition of concussions</li><li>• Mechanism of injuries</li><li>• Pathophysiology of concussions</li><li>• Recovery process from concussions</li><li>• Symptoms following concussions</li></ul> Additional topics ie: Second Impact Syndrome, CTE
10:00	10:15	<b>Break</b>
10:15	11:15	<b>Team Approach to Concussion Management</b> <ul style="list-style-type: none"><li>• Who are the players and what are their roles</li><li>• Neuropsychological assessment following concussions</li><li>• How to find resources in your area</li></ul>
11:15	12:30	<b>Assessment of the Concussion Patient</b> <ul style="list-style-type: none"><li>• Vestibular assessment including visual exam</li></ul>
12:30	1:30	<b>Lunch (on your own)</b>
1:30	3:00	<b>Assessment of the Concussion Patient (continued)</b> <ul style="list-style-type: none"><li>• Balance assessment</li><li>• Musculoskeletal assessment</li><li>• Exertional assessment</li><li>• Outcome measures and symptom checklists</li></ul>
3:00	3:45	<b>Assessment Skills (Lab)</b> <ul style="list-style-type: none"><li>• Vestibular</li><li>• Visual balance</li><li>• Balance</li><li>• Musculoskeletal</li></ul>
3:45	4:00	<b>Break</b>
4:00	5:00	<b>Applying Assessment Techniques</b> <ul style="list-style-type: none"><li>• Case study review of patient presentations</li><li>• How to determine appropriate tests and measures for your patient</li></ul>
5:00	6:15	<b>Treatment Strategies Following Concussion</b> <ul style="list-style-type: none"><li>• Vestibular rehab treatment activities</li><li>• Oculomotor training</li></ul>
6:15	6:30	<b>Wrap Up and Q&amp;A</b>

Day Two

8:00	9:30	<b>Treatment Strategies Following Concussion</b> <ul style="list-style-type: none"><li>• Musculoskeletal interventions</li><li>• Exertional rehabilitation</li></ul> other treatment considerations <ul style="list-style-type: none"><li>- Vision rehab</li><li>- Acupuncture</li><li>- Other treatments</li></ul>
9:30	10:30	<b>When and How to Use Treatment Options</b> <ul style="list-style-type: none"><li>• Case study review of application of treatment techniques</li><li>- When to progress treatment programs and when to alter plan of care</li><li>- Confounding factors such as migraine, cognitive issues, psychological concerns and light/sound sensitivity</li><li>- Red flags—when to refer back to physician</li></ul>
10:30	10:45	<b>Break</b>
10:45	11:30	<b>Treatment Strategies (Lab)</b> <ul style="list-style-type: none"><li>• Oculomotor and vestibular exercises</li><li>• Balance and postural control retraining</li><li>• Cervical proprioception treatment strategies</li><li>• Musculoskeletal intervention strategies</li></ul>
11:30	12:00	<b>Lunch (on your own)</b>
12:00	1:30	<b>Return to Play/Activity</b> <ul style="list-style-type: none"><li>• Current guidelines</li><li>• Current research lines</li><li>• Additional ideas and discussion</li></ul>
1:30	1:45	<b>Break</b>
1:45	2:45	<b>Critical Thinking and Problem Solving</b> <ul style="list-style-type: none"><li>• Case scenarios of challenging patient presentations</li></ul>
2:45	3:00	<b>Questions/Answers</b>

## About the Educator

**Elizabeth Grace Georgelos, PT, MS, NCS** is a Team Leader at Good Shepherd Penn Partners—Penn Therapy and Fitness, in Philadelphia, PA. She works in the Vestibular Rehabilitation program and is part of the Penn Concussion Center and the Penn Balance and Dizziness Center. Working closely with the multidisciplinary team of physicians, audiologists and physical therapists in the Penn Balance Center helped her develop a true passion for vestibular rehabilitation. Her clinical practice now focuses primarily on treating patients following concussion and mild TBI from sports and non-sports injuries, in addition to vestibular rehabilitation. She graduated from Northeastern University with her Bachelors of Science in Physical therapy in 1998 and received her Masters of Science in Physical Therapy in 1999 from Northeastern University. Betsy received her masters of science degree in neuromotor science from Temple University in 2015. She has been certified by the ABPTS as a Neurologic Clinical Specialist since 2004 and received her Certificate of Competency in Vestibular Rehabilitation from Emory University/APTA in 2004. She participates in education of both entry-level physical therapy students at multiple universities and licensed clinicians via continuing education courses, including being on faculty of the APTA's Vestibular Rehabilitation: A Competency-Based Course, at Emory University. She is also part of the faculty of the Children's Hospital of Philadelphia Pediatric Residency. Betsy serves in the Vestibular Rehabilitation Special Interest Group of the APTA Neurology Section as the Newsletter Co-Editor and has served on several task forces and committees within the VR SIG leadership.



## Why You Should Attend This Course

This two-day advanced course is designed for physical and occupational therapists, who have prior experience in vestibular rehabilitation and are looking to expand their knowledge and clinical skills in the assessment and intervention of persons with mild traumatic brain injury and concussion. Mild TBI is often in the news related to sports concussion, yet the cause of injury may be one of many possible sources: sports, car accidents, falls, work accidents, combat and other injuries. Specific areas of dysfunction to be explored include BPPV, oculomotor issues, vestibular dysfunction, self-motion and visual motion sensitivity, balance dysfunction, cervical involvement, cervical proprioception abnormalities, and exertional issues along with discussion of treatment strategies to address each problem with review of current evidence supporting best practice. Discussion on how to perform differential diagnosis of all these difficulties and also how to deal with confounding issues such as migraines and light and sound sensitivity will be included.

Additional topics to be examined include return to play protocols and issues, emerging areas of research such as biomarkers and BDNF (Brain-Derived Neurotrophic Factor) and the important role of therapy in comprehensive concussion management. Patient presentations will be discussed ranging from simple, straight-forward problems to complex and challenging cases with emphasis placed on case study application of actual patients. Lectures will be combined with lab breakout sessions and case study presentations. This course will go beyond the presentation of examination and intervention techniques and will focus on the more advanced skills of developing problem solving and differential diagnosis ability and critical thinking proficiency to better manage even the most challenging patients. All material will reflect the most recent and outcome oriented evidence based information available for the medical and therapeutic management of concussion and mild TBI.

## Course Objectives

Upon completion of this course the participant will be able to:

- Demonstrate an understanding of basic pathophysiology of concussion and mild TBI and fundamental issues surrounding injury and recovery.
- Identify the essential members of a comprehensive concussion management team and how to access resources.
- Perform vestibular and balance assessment techniques to comprehensively assess common issues following concussion.
- Perform assessment techniques to evaluate the visual, musculoskeletal and exertional components affecting symptoms following concussion.
- Identify subjective scales and outcome measures to quantify symptoms and functional impact of those symptoms following injury.
- Recognize treatment strategies in multiple deficit categories to address common complaints following concussion injury and progress these programs appropriately.
- Utilize a variety of vestibular, balance, visual, musculoskeletal, and exertional rehab treatment strategies to address all symptoms associated with concussion.
- Recognize common "return to play" protocols and understand how to apply them and discuss limitations with current protocols in use.
- Develop programs to manage complex patient presentations following concussion and mild TBI injuries.
- Develop improved management skills for patients in the subacute and chronic phases post-injury.

## Registration Form

Rehab Solutions for the Complexities of Concussions

Registration fee: **see website**

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](http://www.healthclick.com)

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Phone \_\_\_\_\_

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Credit Card \_\_\_\_\_

expiration date \_\_\_\_\_

e-mail \_\_\_\_\_

Location of attendance \_\_\_\_\_

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. (NAS) 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.