Vestibular Rehabilitation: Theory, Evidence and Practical Application

The Rehabilitation Institute of Chicago (RIC) is ranked the "Best Rehabilitation Hospital in America," in part because it fully integrates research, clinical care, and education, through the Continuing Education (CE) programs offered by the RIC Academy. The RIC Academy CE programs help you stay at the forefront of your field. The curriculum is grounded in evidence-based practice—developed utilizing the latest research, clinical principles and hands-on techniques that have been proven to benefit patient outcomes. RIC Academy courses are taught by multi-disciplinary teams of recognized specialists, from RIC itself, and visiting experts from across the country and around the world.

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THE BEST REHABILITATION HOSPITAL MEANS THE BEST REHABILITATION EDUCATION.

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The course will provide therapists and physicians with the foundational information needed to efficiently evaluate and effectively treat patients with peripheral and central vestibular disorders and with intermediate level clinical decision making skills. Emphasis will be placed on evidence based practice and understanding the physiologic rationale for therapeutic interventions. This will enhance the clinician's ability to evaluate the appropriateness and effectiveness of therapeutic interventions for common vestibular disorders.

WHO SHOULD ATTEND
Certified Occupational Therapy Assistants, Occupational Therapists, Physical Therapist Assistants and Physical Therapists.

MARCH 10-12, 2005
Rehabilitation Institute of Chicago
345 East Superior Street
Chicago, Illinois 60611

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Course Objectives
Upon completion of this course, participants will be able to:
- Describe the normal anatomy and physiology of the vestibular system.
- Discuss the pathophysiology of common vestibular disorders.
- Demonstrate an examination and interpret the findings to determine the diagnosis of common vestibular disorders.
- Develop, implement and progress an intervention program based on examination findings and knowledge of the vestibular system.

The course format will be lecture, demonstration with patient videotapes, and patient problem-solving sessions.

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FACULTY

Timothy C. Hain, MD
Professor of Neurology, Otolaryngology, and Physical Therapy/Human Movement Science, Northwestern University Medical School. Dr. Hain, known locally as the "dizzy" doctor, has a clinical practice that "revolves" around diagnosis and treatment of vertigo and related conditions. He has also published more than 80 papers and chapters, most of which concern dizziness.

Janet Odly Hilmskii, PhD, PT
Associate Professor of Physical Therapy, Midwestem University and a Physical Therapist, Chicago Dizziness and Balance. She received her doctor of philosophy degree from Northwestern University’s Institute for Neuroscience. In 1995, she was recipient of the Doctoral Education Fellowship, Illinois Physiologi Therapist Association. She specializes in and has lectured extensively on the management of patients with vestibular dysfunction. In 1999, she received the Geraldine S. Taylor Fellowship for Physical Therapists at the Rehabilitation Institute of Chicago that enabled her to develop and establish a vestibular rehabilita tion program. Her current research “Strategies to Reduce Dizziness in Older Adults” is supported by the National Institute of Health, National Institute on Aging.

Kathleen M. Martinez, PT, MA, NCS
Clinical Instructor, Department of Physical Therapy & Human Movement Sciences, Northwestern University, Evanston. Kathleen is a Board Certified Specialist in Neurological Physical Therapy and works at the Chicago Dizziness & Balance Clinic specializing in treatment of patients with vestibular and balance deficits. She has also worked on balance and falls research funded by the NIH (National Institute on Aging) with Mark W. Toge, PT, PhD. and has several publications and presentations on the topic.

Richard Wiet, MD, FACS
Director of Otolaryngology, Head and Neck Surgery at the McGaw Medical Center. Dr. Wiet founded the Ear Institute of Chicago, LLC in 1982. He performed the first cochlear implant surgery in Illinois in 1981. Dr. Wiet has also performed multiple procedures in the field of Neurotology including both brain and spine imaging.

Wesley M. & Suzanne S. Dixon Education and Training Center
345 East Superior Street
Chicago, Illinois 60611
www.ric.org/education

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Rehabilitation Institute of Chicago has been rated “Best Rehabilitation Hospital in America” every year since 1991 by U.S. News & World Report.
AGENDA

10:00
10:15
Patient Problem-Solving Session: Evaluation
Janet Helminski, PhD, PT
Tara Pearce, PT, MHS

11:00
Rationale for Therapeutic Intervention and Factors and Influence Recovery
Kathy Martinez, MS, PT

11:30
Intervention for Unilateral Peripheral Vestibular Disorders
Janet Helminski, PhD, PT
Tara Pearce, PT, MHS

12:30 PM
Lunch (on your own)

1:00
Evaluation and Treatment of BPPV - Lab and Problem-Solving Session
Janet Helminski, PhD, PT
Tara Pearce, PT, MHS

3:30
Outcome Measures
Timothy Hain, MD

3:45
Establishing a Vestibular Rehabilitation Program
Janet Helminski, PhD, PT

4:00 PM
Adjourn

CONTINUING EDUCATION CREDIT

This course has been approved by the Illinois Physical Therapy Board for 24.9 Contact Hours. Approval #216-000069

The Rehabilitation Institute of Chicago is an APPROVED PROVIDER OF CONTINUING EDUCATION and a designated agency by The American Occupational Therapy Association, Inc. to offer continuing education in occupational therapy. This intermediate level program awards occupational therapists 2 CEUs or 2.5 contact hours. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

EARNING CONTINUING EDUCATION CREDITS VIA THE INTERNET

RIC is now offering continuing education programs on the Internet. You can sit at your computer in your office, in your home, or at a computer lab and acquire evidence-based, hands-on state-of-the-art rehabilitation information that you can use in your daily practice. Visit our Web page at www.ric.org/education and click on the "Distance Learning" menu button for information regarding these courses.

OUTREACH PROGRAMS

Our continuing education programs can be brought to your facility at a special rate. The Rehabilitation Institute of Chicago is interested in developing specific education programs for your organization. For information about Outreach Programs, contact the RIC Academy by phone (312) 238-6042, fax (312) 238-4451, or e-mail education@ric.org

Vestibular Rehabilitation: Theory, Evidence and Practical Application March 10-12, 2005
Tuition: $165.00
Make check payable to REHABILITATION INSTITUTE OF CHICAGO
Mail to: RIC Academy
1515 Sanders Street, Suite 1641
Chicago, IL 60612
Please TYPE or PRINT your name and professional initials (e.g., CT, OT), as you would like them to appear on your continuing education certificate.

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Note: Registrations will be taken in the order in which tuition checks or credit card faxes are received. Tuition must accompany the registration form as change will not be confirmed in a place this course. Do not make airline reservations that have cancellation penalties until we confirm your registration. However, you should make hotel reservations as soon as possible.

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