



Vestibular Rehabilitation: Theory, Evidence and Practical Application

Wesley M. & Suzanne S. Dixon
Education and Training Center

MARCH 10-12, 2005

Rehabilitation Institute of Chicago
345 East Superior Street
Chicago, Illinois 60611

Rehabilitation Institute of Chicago has been rated
“Best Rehabilitation Hospital in America”
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Rehabilitation Institute of Chicago
Academy

www.ric.org/education

THE BEST REHABILITATION HOSPITAL... MEANS THE BEST REHABILITATION EDUCATION.

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 using 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.

Vestibular Rehabilitation: Theory, Evidence and Practical Application

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 Odry Helminski, PhD., PT

Associate Professor of Physical Therapy, Midwestern 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 Physical Therapy Association. She specializes in and has lectured extensively on the management of patients with vestibular dysfunction. In 1990, she received the Geraldine S. Taylor Fellowship for Physical Therapists

COURSE DESCRIPTION

This 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.

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.

at the Rehabilitation Institute of Chicago that enabled her to develop and establish a vestibular rehabilitation program. Her current research “Strategies to Reduce Dizziness in Older Adults” is supported by the National Institute of Health, National Institute on Aging.

Katherine M. Martinez, PT, MA, NCS

Clinical Instructor, Department of Physical Therapy & Human Movement Sciences, Northwestern University, Feinberg School of Medicine. Kathy is a Board Certified Specialist in Neurologic Physical Therapy and works at the Chicago Dizziness & Balance Clinic specializing in the 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. Rogers, PT, PhD and has several publications and presentations on the topic.

Tara Pearce, PT, MHS

Education Program Manager and Physical Therapist, Rehabilitation Institute of

Chicago. She has experience treating patients with vestibular deficits and initiated a hospital-based vestibular clinic. She has also completed the Herdman vestibular competency course.

Ruth G. Ramsey, MD

Clinical professor of Radiology at the University of Illinois; Medical Director at Premier Health Imaging Office at MRI of River North in Chicago. Previously Chief, Section of Neuroradiology at the University of Chicago. Dr. Ramsey has written multiple books in the field of Neuroradiology including both brain and spine imagines.

Richard Wiet, MD, FACS

Professor of Clinical Otolaryngology & Neurosurgery, Department of Otolaryngology - Head and Neck Surgery. He is involved in Fellowship education in Neurotology 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 made several surgical instruments for middle and inner ear surgery.

Thursday, March 10, 2005	
8:00 AM	Registration 1st floor lobby Rehabilitation Institute of Chicago
	Continental Breakfast Lobby, RIC Academy (16th floor) Rehabilitation Institute of Chicago
8:30	Welcome and Opening Remarks Tara Pearce PT, MHS
8:45	Anatomy & Physiology of the Vestibular System Janet Helminski, PhD, PT
9:45	System Model of Postural Control Janet Helminski, PhD, PT
10:30	Break
10:45	An Overview of the Examination of the Dizzy Patient Timothy Hain, MD
11:15	Non-Otologic Causes of Dizziness Timothy Hain, MD
12:15 PM	Lunch (on your own)
1:15	Otologic Causes of Dizziness Timothy Hain, MD
2:15	Pharmacological Interventions of the Dizzy Patient Timothy Hain, MD
2:45	Break
3:00	Vestibular Function Tests Timothy Hain, MD
3:30	Neuroradiology of the Dizzy Patient Ruth G. Ramsey, MD
4:00	Surgical Management of the Dizzy Patient Richard Wiet, MD
5:00 PM	Adjourn
Friday, March 11, 2005	
7:30 AM	Continental Breakfast Lobby, RIC Academy (16th floor) Rehabilitation Institute of Chicago
8:00	Evaluation: Oculomotor Examination Janet Helminski, PhD, PT
9:00	Evaluation: Postural Control Examination Janet Helminski, PhD, PT
10:00	Break

10:15	Patient Problem-Solving Session: Evaluation Janet Helminski, PhD, PT
11:00	Rationale for Therapeutic Intervention and Factors and Influence Recovery Janet Helminski, PhD, PT
11:30	Intervention for Unilateral Peripheral Vestibular Disorders Janet Helminski, PhD, PT
12:00 PM	Lunch (on your own)
1:00	Intervention for Unilateral Peripheral Vestibular Disorders (continued) Janet Helminski, PhD, PT
1:30	Intervention for Bilateral Peripheral Vestibular Disorders Janet Helminski, PhD, PT
2:00	Intervention for Central Vestibular Deficits Janet Helminski, PhD, PT
2:45	Break
3:00	Intervention for Benign Paroxysmal Positional Vertigo (BPPV) Janet Helminski, PhD, PT
5:00 PM	Questions/Adjourn

Saturday, March 12, 2005	
7:30 AM	Continental Breakfast Lobby, RIC Academy (16th floor) Rehabilitation Institute of Chicago
8:00	Intervention for Multisensory Deficits Janet Helminski, PhD, PT
8:15	Patient Problem-Solving Session: Therapeutic Intervention Janet Helminski, PhD, PT
9:15	Evaluation: Oculomotor Examination - Lab and Problem-Solving Session. Timothy Hain, MD Janet Helminski, PhD, PT Kathy Martinez, MS, PT Tara Pearce, PT, MHS
10:15	Break
10:30	Evaluation: Postural Control Examination - Problem-Solving Session. Kathy Martinez, MS, PT
11:30	Intervention for Unilateral and Bilateral Vestibular Deficits - Lab and Problem-Solving Session Timothy Hain, MD

	Janet Helminski, PhD, PT Kathy Martinez, MS, PT Tara Pearce, PT, MHS
12:30 PM	Lunch (on your own)
1:30	Evaluation and Treatment of BPPV - Lab and Problem-Solving Session Timothy Hain, MD Janet Helminski, PhD, PT Kathy Martinez, MS, PT Tara Pearce, PT, MHS
3:30	Outcome Measures Janet Helminski, PhD, PT
3:45	Establishing a Vestibular Rehabilitation Program Janet Helminski, PhD, PT
4:00 PM	Adjourn

TUITION

\$ 615.00

LOCATION

The program will be held at the Rehabilitation Institute of Chicago. The conference site is wheelchair accessible. Accessible materials, sign language interpretation and personal assistance are available with at least 45-days advance notice.

HOUSING

Rooms have been reserved at the Radisson Hotel & Suites Chicago, 160 East Huron Street, Chicago, Illinois. The Radisson hotel is located two blocks from the Rehabilitation Institute of Chicago. The daily rate for parking is \$36.00/day with unlimited in and out privileges. Please contact their reservations department at 312-787-2900 and indicate that you are attending this course in order to receive the corporate rate of \$89.00 for single or double occupancy or \$129.00 for a one-bedroom suite, plus 14.9% tax. The cut-off date for room reservations is **February 17, 2005**. However, the room block could reach its maximum before this date.

REFUND POLICY

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until **March 1, 2005**. RIC reserves the right to cancel or change any programs for due cause. Cancellation of a program by RIC will result in a full refund of tuition. RIC is not responsible for the refund of travel or hotel expenses under any circumstance.

REGISTRATION CONFIRMATION

Information on ground transportation and maps of the area will be included as links on your e-mail confirmation or will be sent with your confirmation letter for standard

mail or faxed registrations. For online registration you will receive an e-mail confirmation no later than one week of the date you registered. For registrations received by standard mail or fax you will receive printed confirmation materials no later than three weeks from the date you mail or fax your registration. If you do not receive confirmation within this time period, please call 312-238-6042.

NOTE

Registrations will be taken in the order in which tuition checks or credit card faxes are received. Tuition must accompany the registration form in order to confirm a place in 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.

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 for the American Occupational Therapy Association to offer continuing education in occupational therapy. This intermediate level program awards occupational therapists 2.0 CEUs or 20.5 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 or at home and view experts presenting current 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 as a cost-effective alternative. The Rehabilitation Institute of Chicago is interested in developing specific education programs for your facility. For more information about Outreach Programs, contact the RIC Academy either by Phone: 312-238-6042; Fax: 312-238-4451; or e-mail: education@ric.org

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Tuition: \$615.00

Make check payable to: REHABILITATION INSTITUTE OF CHICAGO

Mail to: RIC Academy
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Please TYPE or PRINT your name and professional initials (i.e. OT, PT) as you would like them to appear on your continuing education certificate.

Name _____
First Name Last Name

Home Phone (____) _____ Prof. Initials _____

Home Address _____

City _____ State _____ Zip _____

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Work Phone (____) _____ Fax (____) _____

Position _____

E-mail _____
 Send me information about other CE Courses Do not send me information

Please note: registration will not be processed without full payment.

Method of Payment: Check enclosed Credit Card

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2) MasterCard or VISA

Credit Card # -

Expiration Date /

Name on Card _____

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City _____ State _____ Zip _____

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