Vestibular Rehabilitation:  
Theory, Evidence and Practical Application

Rehabilitation Institute of Chicago
Academy
www.ricacademy.com

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

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

April 17-19, 2008
Magnuson Auditorium
Rehabilitation Institute of Chicago
345 East Superior Street
Chicago, Illinois
Vestibular Rehabilitation

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 offer by the RIC Academy.

The RIC Academy CE programs help you keep abreast of changes in your field. The curriculum is grounded in evidence-based practice when appropriate as well as based on the collective clinical experience of our staff. RIC Academy courses are taught by interdisciplinary teams of recognized specialists from RIC and visiting experts from across the country and around the world.

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

WHO SHOULD ATTEND

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.

FACULTY

Robert Battista, MD
Assistant Professor of Clinical Otolaryngology in the Department of Otolaryngology Northwestern University Medical School. Dr. Battista is an otologist/neurotologist, which is a specialty devoted to the medical and surgical treatment of the ear, facial nerve and related
structures. He has published over 20 articles or book chapters concerning various medical
and surgical otologic/neurotologic topics.

Marcello Cherchi, MD, PhD.
Dr. Cherchi received his PhD in linguistics from the University of Chicago, and an MD from
the University of Illinois at Chicago. He did his internship in internal medicine at
Northwestern Memorial Hospital in Chicago, and remained there for residency in general
neurology. Dr Cherchi is currently in a fellowship in otorhino-ology at Northwestern Memorial
Hospital. During his fellowship he is studying vestibular neurophysiology by conducting a
project on vestibular evoked myogenic potentials

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 a 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 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” was supported by the
National Institute of Health, National Institute on Aging.

AGENDA
Thursday, April 17, 2008
8:00 a.m. 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
Melissa Kolski, PT, OCS, Cert MDT
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 C. Hain, MD

11:15  Non-Otologic Causes of Dizziness  
Timothy C. Hain, MD

12:15 p.m.  Lunch (on your own)

1:15  Otologic Causes of Dizziness  
Timothy C. Hain, MD

2:15  Pharmacological Interventions of the Dizzy Patient  
Timothy C. Hain, MD

2:45  Break

3:00  Vestibular Function Tests  
Timothy C. Hain, MD

3:30  Neuroradiology of the Dizzy Patient  
Marcello Cherchi, MD, PhD.

4:00  Surgical Management of the Dizzy Patient  
Robert Battista, MD

5:00 p.m.  Adjourn

Friday, April 18, 2008
7:30 a.m.  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 that Influence Recovery  
Janet Helminski, PhD, PT

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

12:00 p.m.  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 p.m.  Questions/Adjourn

Saturday, April 19, 2008
7:30 a.m.  Continental Breakfast  
Lobby, RIC Academy (16th floor)  
Rehabilitation Institute of Chicago

8:00  Intervention for Multisensory Deficits  
Janet Helmsinki, PhD, PT

8:15  Patient Problem-Solving Session: Therapeutic Intervention  
Janet Helmsinki, PhD, PT

9:15  Group A: Oculomotor Examination – Lab and Problem-Solving Session  
Timothy C. Hain, MD  
Group B: Evaluation and Treatment of BPPV – Lab and Problem-Solving Session  
Janet Helmsinki, PhD, PT  
Group C: Postural Control Examination – Problem-Solving Session  
Group D: Intervention for Unilateral and Bilateral Vestibular Deficits – Lab and Problem-Solving Session

10:15  Break

10:30  Group D: Oculomotor Examination – Lab and Problem-Solving Session  
Timothy C. Hain, MD  
Group A: Evaluation and Treatment of BPPV – Lab and Problem-Solving Session  
Janet Helmsinki, PhD, PT  
Group B: Postural Control Examination – Problem-Solving Session  
Group C: Intervention for Unilateral and Bilateral Vestibular Deficits – Lab and Problem-Solving Session

11:30  Group C: Oculomotor Examination – Lab and Problem-Solving Session  
Timothy C. Hain, MD  
Group D: Evaluation and Treatment of BPPV – Lab and Problem-Solving Session  
Janet Helmsinki, PhD, PT  
Group A: Postural Control Examination – Problem-Solving Session
Group B: Intervention for Unilateral and Bilateral Vestibular Deficits – Lab and Problem-Solving Session

12:30 p.m.       Lunch

1:30             Group B: Oculomotor Examination – Lab and Problem-Solving Session
                 Timothy C. Hain, MD

Group C: Evaluation and Treatment of BPPV – Lab and Problem-Solving Session
Janet Helminski, PhD, PT

Group D: Postural Control Examination – Problem-Solving Session

Group A: Intervention for Unilateral and Bilateral Vestibular Deficits – Lab and Problem-Solving Session

3:30   Outcome Measures
Janet Helminski, PhD, PT

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

4:00 p.m.       Adjourn

TUITION

To qualify for group discount rates (you do not need to be from the same facility), students must mail or fax the group’s registrations together.

<table>
<thead>
<tr>
<th>Number of Students</th>
<th>Tuition</th>
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<tbody>
<tr>
<td>Single</td>
<td>$675</td>
</tr>
<tr>
<td>2 to 4</td>
<td>$655</td>
</tr>
<tr>
<td>5 or more</td>
<td>$645</td>
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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 Homewood Suites by Hilton Chicago-Downtown, located at 40 East Grand Avenue, Chicago Illinois.

The Homewood Suites is located 8 blocks from RIC (1 block west of The Magnificent Mile). Please contact their reservations department at (800) 225-5466 or register using their web site at http://www.homewoodsuiteschicago.com. When making reservations by phone, please provide the reservationist with account #0002653310 to receive the corporate rate of $179 for a king suite, plus 15.4% tax. The daily rate for parking at Homewood Suites is $35.00/day. The cut-off date for room reservations is March 15, 2008.
The room block could reach its maximum before the above cut-off dates. Rooms and rates revert to a space-available basis after the room block has reached its maximum or after the cut-off date.

**REFUND POLICY**

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until April 10, 2008. 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.

**IMPORTANT REGISTRATION INFORMATION**

Registrations will be taken in the order in which tuition checks or credit card information is received. We highly encourage you to register online as these are processed more quickly than mailed or faxed registrations. **Full Tuition must accompany the registration form in order to confirm a place in this course.** Until you receive your confirmation letter you are not officially registered for the course. For online registrations you will receive email confirmation within one week of the date you registered. For registrations received by standard mail or fax the confirmation may take up to 3 weeks after we receive your registrations. If you do not receive confirmation within this time period, please call 312-238-6042.

Do not make airline reservations that have cancellation penalties until we confirm your registration. However, you should make hotel reservations as soon as possible.

**One week prior to the course only internet registrations and faxed registrations that include an email will be accepted.** Please note that the course could reach its maximum enrollment before this time.

**CONTINUING EDUCATION CREDIT**

This course has been approved by the Illinois Physical Therapy Board for 21 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 2.1 CEUs or 21.0 contact hours. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

**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

CONVENIENT CEU'S ONLINE

RIC’s Ecademy offers Continuing Education programs over the internet. Earn CEU’s at the comfort of your own desk. We have both Live Webinars and Archived Courses. Subscribe to our Digital Archive and take as many courses as you want from our library of recorded courses. Check out the full schedule at http://www.ricacademy.com
REGISTRATION ONLINE at www.ricacademy.com
or clip and return this form with payment

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Group Discount Policy
To qualify for group discount rates (you do not need to be from same facility), students must mail
or fax the group’s registrations together.

☐ Single Registration Tuition: $675
☐ 2 to 4 Tuition per registrant: $655
☐ 5 or more Tuition per registrant: $645

Make check payable to: REHABILITATION INSTITUTE OF CHICAGO

Mail to: RIC Academy
345 E. Superior Street, Suite 1641
Chicago, Illinois 60611

Please TYPE or PRINT your name and professional initials (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 ____________

Organization/Facility ____________________________________________________________

Work Address _________________________________________________________________

City _______________________________ State ___________ Zip ____________

Work Phone (__________) ________________________ Fax (__________) ________________

Position _________________________________________________________________

E-mail _________________________________________________________________

☐ Send me information about other CE Courses ☐ Do not send me information

(We encourage you to use email – it allows us to respond much faster to your registration. Thank you)

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

Method of Payment: ☐ Check enclosed ☐ Credit Card

Credit Card Users Must Complete the Following Information:

1) ☐ Personal Credit Card ☐ Corporate Credit Card
2) □ MasterCard □ VISA

Credit Card # _ _ _ _ - _ _ _ _ - _ _ _ _ - _ _ _ _

Expiration Date _ _ /_ _

Name on Card ________________________________________________

Billing Address ________________________________________________

City __________________________ State ____________ Zip _____________

Cardholder's Signature __________________________________________

Credit card registrations may be faxed to: 312-238-4451. If you fax your registration, do not send another registration by mail.

For official use # ______________________ CC_ PT200806 _______ D __________

A ___________________________ LMS _______________ DL _______________

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Rehabilitation Institute of Chicago

An Academic Affiliate of
Northwestern University
Feinberg School of Medicine