

Course Content:

This two day seminar is appropriate for both beginners and current practitioners who work with dizziness and balance. The seminar includes didactic lecture material as well as hands-on training with lab instruction. Materials covered will instruct and review the anatomy, neurology, and interaction of the body's systems that contribute to balance. Various etiologies of dizziness and imbalance are explained, as well as signs and symptoms which help the practitioner create a plan of care. A thorough patient evaluation is reviewed. Case studies are used as a guide. Finally, research is reviewed to support 'evidence-based' practice.

Course Objectives:

1. Identify the 'Systems of Balance'
2. Understand the anatomy of each system
3. Identify clinical tests for each system by various disciplines
4. List medications most commonly used for the patient with dizziness
5. Identify the impact of some medications on evaluation, signs & symptoms
6. Demonstrate clinical tests used for dizziness and balance
7. Demonstrate interventions for balance deficits and dizziness



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Balance and Vestibular Therapy

HOURS:
15 HOURS (1.5 CEU)

AUDIENCE:
PT, OT, PTA, COTA

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Questions? (888) 992-6387
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Balance and Vestibular Therapy

About the Instructor

Charles M. Plishka, PT, DPT , NCS

- A graduate of Creighton University
- Owner of Posture & Balance Concepts, LLC.
- He has over 20 years experience evaluating and treating neurologic conditions
- Fellowship Candidate: Neuro Optometric Rehabilitation Association
- Dr. Plishka has served on the Board of Directors for the Vestibular Disorder Association
- Chair: Vestibular Special Interest Group of the International Neurologic Physical Therapy Association (World Physiotherapy)
- Member of the American Physical Therapy Association
- International Liaison , Vestibular Special Interest Group, APTA
- Author: A Clinician's Guide to Balance and Dizziness: Evaluation and Treatment (*release Spring, 2015*)

Day 1

- 7:45 Registration
- 8:00 Pre-Test
- 8:10 Case Study Group Activity
- 8:20 Balance System Overview
- 8:30 Dizziness Causes & Symptoms
- 9:00 Vestibular System Anatomy
- 10:00 Vestibular system Neurology
- 10:45 *15-minute Break*
- 11:00 Vestibular Reflexes
- 12:00 *1-Hour Lunch Break*
- 1:00 Vestibular Pathologies
- 2:00 Evaluation of the Vestibular System
- 2:45 *15-minute Break*
- 3:00 Vestibular Interventions & Goals
- 4:00 Lab: Vestibular System Evaluation
- 5:00 End of Day 1

Day 2

- 7:45 Sign-In
- 8:00 Evaluation of Oculomotor System
- 8:30 Lab: Visual System Evaluation
- 9:15 H.I.N.T.S. Exam
- 9:45 Somatosensory System Evaluation
- 10:00 Lab: Somatosensory System Examination
- 10:15 Medications
- 10:45 *15-minute Break*
- 11:00 Clinical Tests: Balance / Dizziness
- 12:00 *1-Hour Lunch Break*
- 1:00 Balance & Gait Tests
- 1:30 Lab: Balance & Gait Tests
- 2:00 Interventions: Balance Impairment
- 2:45 *15-minute Break*
- 3:00 Interventions for Dizziness
- 3:30 Lab: Treatments for Balance & Dizziness
- 4:00 Evidence Based Treatment: Research
- 4:50 Question & Answer Discussion
- 5:00 End of Day 2— Course Completion