



Spring Conference

Vestibular Rehabilitation: Evaluation and Treatment

Friday, June 15, 2012

Registration: 8:00 – 8:30

Conference: 8:30 – 4:30

Augusta Civic Center, Augusta, Maine
North Wing – Augusta Room

AGENDA

8:30 – 9:30 Anatomy and Physiology

- Terminology
- The vestibular apparatus
- The vestibular nuclei and central pathways
- The push-pull mechanism
- Fluid dynamics of the semicircular canals
- The otolithic organs

9:30 – 9:45 Break

9:45 – 10:45 Differential Diagnosis

- Unilateral Vestibular neuritis and labyrinthitis
- Bilateral vestibular loss
- Perilymphatic fistula
- Semicircular canal dehiscence
- Meniere's disease
- Migraine Associated Dizziness
- Cervicogenic Dizziness
- Central Vertigo

10:45 – 11:00 Break

11:00 – 12:00 Evaluation

- The interview
- Subjective Questionnaires
 - Dizziness Handicap Inventory
 - ABC Activity Specific Balance Confidence Scale
- Ocular Motor Testing
- Static Balance Testing
 - Posturography
 - Clinical Test of Sensory Integration in Balance
 - Romberg, Sharpened Romberg, Single leg stance
 - Fakuda Step Test
 - Functional Reach Test
- Dynamic Gait Testing
 - Dynamic Gait Index (DGI)
 - Functional Gait Assessment (FGA)
 - Tandem Gait
 - Timed Up and Go Test

Evaluation (Continued)

- Dynamic Gait Testing
 - Gait Speed (4 meter walk test)
 - Berg Balance Scale
 - Tinetti
- Vestibular Ocular Reflex Testing
 - Dynamic Visual Acuity Testing
 - Head Impulse Testing (Head Thrust Testing)
- Vestibular Function Testing
 - Video or Electronystagmogram
 - VEMPS
 - Rotary Chair Testing

12:00 – 1:15 Lunch and Keynote Presentation

1:15 – 2:00 Evaluation Lab

- Ocular Motor Testing
- Dynamic Visual Acuity Testing
- Head Impulse Testing

2:00 – 2:45 Treatment

- VOR Exercises
- Balance retraining exercises
 - Ankle Sways
 - Static Standing
- Gait Retraining Exercises

2:45 – 3:15 BPPV

- BPPV overview – canalithiasis and cupulolithiasis
- Posterior Canal BPPV
- Horizontal Canal BPPV
- Anterior Canal BPPV

3:15 – 4:00 BPPV Lab

- Dix-Hallpike testing
 - Epley Maneuver (canalithiasis)
 - Semont Libratory Maneuver (cupulolithiasis)
- Horizontal Canal Roll Testing
 - Barbecue Roll Maneuver (canalithiasis)
 - Modified Barbecue Roll (cupulolithiasis)
- Anterior Canal BPPV
 - Modified Semont maneuver

Presenters:

Vestibular Rehabilitation: Evaluation and Treatment

Paul Albert, PT, MS, joined MKM-ENT Associates in 2001 to assist in developing the New Balance program. Mr. Albert received his Bachelor of Science degree in physical therapy from Boston University in 1985. In 1981 he founded Southern Maine Physical Therapy, which specialized in adult orthopedics, industrial medicine, and sports medicine. Over the past several years, Mr. Albert has developed a special interest in treating dizziness and balance related problems. In 2007 he received an advanced certificate of competency in vestibular rehabilitation from Emory University in Atlanta, Georgia.

Michelle A. Rioux, DPT specializes in the rehabilitation of patients with balance and vestibular disorders. She completed her doctorate in Physical Therapy at the University of New England in 2008. While in graduate school, Dr. Rioux conducted research on discrepancies in developmental motor skills across populations. She has completed clinical rotations in outpatient orthopedics, inpatient neurological and cardiac rehabilitation, as well as pediatrics. Dr. Rioux graduated from Boston College in 2002, where she was an Environmental Scholar of the College

Keynote: Building YOUR Leadership Capacity - Jennifer Green-Wilson, PT, MBA, EdD, - Director, APTA Board

Poster Presentation: Effectiveness of Xbox 360 Kinect Based Intervention on Balance, Activity Tolerance and Quality of Life in a Frail Older Adult in an Institutional Setting: A Single-Subject Design - Stacey DeMeo, PT; and Esther Haskvitz, PT, PHD, ATC



Spring Conference June 15th

Handouts will be emailed the week prior to conference date. Please be sure to provide an accurate email address when registering for the conference.

Handouts Will Not be available on-site.

Registration Form

Registration Deadline: June 8, 2012

Register Online at: WWW.MAINEAPTA.ORG

To register by mail, please complete the information below and mail with payment.

Please Select:

\$125 [] ME-APTA Member, please include APTA Membership Number: _____

\$155 [] Non- Member \$65 [] Student

Name

Phone Number

Mailing Address

Email Address (*Required*) Conference Handouts will be sent to the email address provided above.

Amount Enclosed: _____

Please submit payment, along with completed registration form, to:

Maine Chapter, APTA - P.O. Box 2673, Augusta, Maine 04338

LOCATION: Augusta Civic Center (North Wing/Augusta Room), 76 Community Drive, Augusta.

QUESTIONS? Please contact Dawn Fecteau at meapta2010@yahoo.com ; or Katie Snow Mills at KTESnow@gmail.com