



VESTIBULAR REHABILITATION

EVALUATION AND MANAGEMENT OF THE PATIENT WITH DIZZINESS AND IMBALANCE

SATURDAY & SUNDAY, JANUARY 11 & 12

CHECK IN AND BREAKFAST: 8:30 am • **PROGRAM:** 9:00 am – 5:00 pm

William F. Andrews Conference Center

WakeMed Raleigh Campus, 3024 New Bern Avenue, Raleigh, NC 27610

Dizziness is the third top reason individuals over age 65 and the number one reason individuals over age 70 seek medical attention. Medical or surgical management is not indicated or helpful in many of these cases, but many of these individuals do benefit from vestibular rehabilitation. In addition, 50% of the individuals over the age of 65 with dizziness have BPPV, which can resolve with physical therapy interventions. Therefore, individuals with vertigo and disequilibrium represent a large patient population for physical therapy. This course will focus on the assessment and treatment of patients with vertigo and disequilibrium from peripheral and central vestibular causes. Material covered will include the neuroanatomy and neurophysiology of the normal vestibular system, the various pathological conditions that result in vertigo or disturbances in balance, and the compensatory mechanisms available for recovery. Specific emphasis will be on the assessment and treatment of unilateral and bilateral vestibular hypofunction, benign paroxysmal positioning vertigo (BPPV), and central vestibular disorders (CVA), including stroke and head trauma.

Target Audience

Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Occupational Therapy Assistants

CELEBRATING 50 YEARS
WAKE AHEC
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Rehabilitation

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CGWEP 
Carolina Geriatric Workforce Enhancement Program

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The UNC Center for Aging and Health, Carolina Geriatric Workforce Enhancement Center also provided support for this activity.

VESTIBULAR REHABILITATION | TWO-DAY COURSE



Agenda

DAY 1: SATURDAY, JANUARY 11, 2025

8:30 am	Check In and Breakfast
9:00	Introduction and Demographics
9:30	Anatomy & Physiology
10:30	BREAK
10:45	Anatomy & Physiology (cont.)
11:30	Impact of Lesions on Normal Function
12:30 pm	LUNCH (provided)
1:30	History & Clinical Exam
	Lecture / Demonstration
	Practice
	Case Studies
3:00	BREAK (provided)
3:15	History & Clinical Exam (cont.)
5:00 pm	Adjourn

DAY 2: SUNDAY, JANUARY 12, 2025

8:30 am	Check In and Breakfast
9:00	Treatment: From Assessment to Treatment
10:00	BREAK
10:15	Treatment Strategies:
	Lecture/Demonstration/Practice
12:00 pm	LUNCH (provided)
12:30	Treatment Strategies (cont.)
2:30	BREAK
2:45	Central Vestibular Disorders: Differential
	Diagnosis and Treatment Considerations
3:45	BREAK (provided)
4:00	Central Vestibular Disorders (cont.)
4:30	Case Studies, Q&A, Wrap Up
5:00 pm	Adjourn

Learning Objectives

At the conclusion of this educational activity, the participant should be able to:

- Describe normal vestibular system anatomy and function and how it relates to the normal clinical exam.
- Describe abnormal vestibular function.
- Demonstrate a detailed examination of the patient with "dizziness," including the pertinent patient history and subjective exam, advanced oculomotor exam and assessment of static and dynamic postural stability.
- Develop an appropriate and comprehensive treatment plan for individuals with peripheral vestibular disorders.
- Apply the various appropriate treatment techniques for posterior semicircular canal BPPV, anterior semicircular canal BPPV, and horizontal semicircular canal BPPV.
- Identify central vs. peripheral causes of positioning vertigo, as well as atypical patterns of BPPV.
- Discuss the central causes of dizziness, including CVA, and brain injury.
- Design treatment programs based on the nature of the cause of dizziness in their patient population.



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Speaker

Richard Clendaniel, PT, PhD, FAPTA, is an assistant professor in the Department of Orthopedic Surgery, Doctor of Physical Therapy Division, and in the Department of Head & Neck Surgery and Communication Sciences at Duke University School of Medicine. He received his MS in Physical Therapy and PhD. in Behavioral Neuroscience from the University of Alabama at Birmingham and completed a post-doctoral fellowship in neuro-otology. Dr. Clendaniel previously served as director of the Vestibular Rehabilitation program at Johns Hopkins University School of Medicine, Department of Otolaryngology – Head and Neck Surgery. He is on the medical advisory board for the Vestibular Disorders Association (VEDA) and on the board of directors for the American Balance Society. Dr. Clendaniel maintains an active practice treating patients with vestibular disorders and dizziness. His primary research is in the assessment of the vestibular system and the plasticity of the vestibular system following injury.

Planning Committee

WakeMed Health & Hospitals

Stephanie Baker, PT
Outpatient Rehab Administration

Ann Pearce, PT, DPT
Outpatient Rehab Services

Wake AHEC

Toni Chatman, MHA
Associate Director for Oral & Allied Health
Sharri Oxendine, MBA
Project Coordinator for Allied Health & Perinatal

Credit

NCBPTE: Wake AHEC is a pre-approved provider for NCBPTE Continuing Competence Activities. This activity is 13.0 hours.

Occupational Therapist/Assistant: As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. 13.25 CCAs. Please select contact hours for your certificate.

Wake AHEC CEU: Wake AHEC will provide 1.3 CEU to participants upon completion of this activity.

A participant must attend 100% of each day to receive credit. Partial credit will not be awarded.

Contact Hours: Wake AHEC will provide up to 13.25 Contact Hours to participants.

Registration Fees

- **WakeMed Employee Early Fee** – \$300; after December 27, 2024 – \$350.
- **Non-WakeMed Employee Early Fee** – \$400; after December 27, 2024 – \$450
- Vouchers will be accepted.
- Fee will include online handouts and certificate of completion.
- Breakfast, lunch and PM break both days will be provided.
- To assure quality programming and safety for all participants, babies and children may not attend this program.
- Call 919-350-8547 for our Inclement Weather Updates.
- *Attendance at this activity grants permission for Wake AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.*

Cancellations and Refunds

Registrants cancelling between December 28, 2024 and January 8, 2025 will incur a 30% cancellation fee. No refunds or credits will be given for cancellations received after January 8, 2025. Substitutes are encouraged.

ADA Statement

Wake AHEC is fully committed to the principle of equal educational opportunities for all individuals and does not discriminate on the basis of any characteristic protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act (ADA), in order to participate in programs or services, please call us at 919-350-8547. Organizing such resources generally takes 3-4 weeks, so please give us as much notice as possible to make appropriate arrangements.

Questions? Contact Sharri Oxendine at 919-350-0461 or soxendine@wakeahec.org.



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