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2639 Revere Drive  
Akron, Ohio 44333-2311

# Taking Balance to the Limits:

Speaker  
Janene Barber, PT, GTC

Crucial Techniques & Treatment Ideas  
for Comprehensive Balance Programs



2017

This course is approved by the Mississippi State Board of Physical Therapy and the Louisiana Physical Therapy Board for 20 clinical contact hours. This course is also approved by the Tennessee Physical Therapy Association for 2.0 CEUs (20 contact hours). This course meets the guidelines of the Alabama Board of Physical Therapy for an acceptable continuing education activity. See inside for other state approvals.

Mission Viejo, CA  
February 25-26

Jackson, MS  
April 29-30

Billings, MT  
July 22-23

Nashville, TN  
September 16-17



## FACULTY

JANENE BARBER, Physical Therapist, received her BS from the University of Missouri. Since 1997, she has been specializing in the care and rehabilitation of the geriatric patient in various settings. Ms. Barber was President/owner of Occupational Wellness and St. Charles Physical Therapy Center in Louisiana. In these settings, she was involved in the rehabilitation of patients with compromised balance. She was also an adjunct faculty at LSU and USA – Mobile. In 2003, Ms. Barber joined Gentiva Health Services as Program Director for Gentiva Safe Strides, an extensive and comprehensive balance program. Ms. Barber was responsible for training, development and outcomes with the program. In 2004, she was promoted to Clinical Program Specialist and involved in the development and implementation of Safe Strides nationally. In 2006, Ms. Barber moved into a consulting role with Optimum Balance to continue development and implementation of programs to accommodate the increasing need to reduce the risk of falls in the senior population.

## DESCRIPTION

Do you feel at times that you have designed and delivered the best gait and balance program and yet your patients still have some problems with their balance?

This course goes beyond all you have learned about the effects of speed, strength and range of motion limitations as causes for balance dysfunction. You will leave with an in-depth knowledge and skill in the postural dyscontrol, somatosensation and vestibular arenas. The instructor has taught and treated extensively in this area with astounding results with her patients and clinicians. Her skills in this area are unparalleled. Take home innovative usable evaluation and treatment techniques that will dramatically change your practice. You and your patients deserve to receive this cutting-edge information.

## LOCATIONS

The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

Mission Hospital  
Mission Viejo, CA  
**February 25-26, 2017**

**Host:** St. John's Lutheran  
Ministries  
**Location:** Lillis Center  
Billings, MT  
**July 22-23, 2017**

Mississippi Baptist  
Medical Center  
The Belhaven Medical  
Office Building  
Jackson, MS  
**April 29-30, 2017**

TriStar Centennial Medical  
Center  
Nashville, TN  
**September 16-17, 2017**

## OBJECTIVES

*Upon completion of this seminar, participants will be able to:*

1. Analyze the impact of falls on the senior population and identify the primary causes.
2. Recognize the peripheral and central vestibular system function and anatomical structures.
3. Thoroughly evaluate the Vestibulo/Ocular system and how it affects elderly with balance dysfunctions.
4. Identify causes of central and peripheral dizziness, recognize the different mechanisms of recovery and how to impact them with therapeutic intervention
5. Perform treatment interventions based on an understanding of BPPV (Benign Paroxysmal Positional Vertigo) for the geriatric population.
6. Demonstrate a comprehensive evaluation and treatment approach for postural control by understanding sensory and motor integration.
7. Create innovative treatment strategies that will effectively address postural control issues in the geriatric patient.
8. Compare functional tools for gait and balance disorders to achieve the desired outcomes.
9. Perform evaluations on patients with compromised somatosensory systems and apply appropriate treatment strategies with Anodyne Therapy and sensory integration training.
10. Plan an effective rehabilitation program, set measurable goals and use appropriate documentation for patients with balance impairments.

### *Feedback From Past Course Participants*

*"Janene is an amazing instructor."*

*"Everyone should take this course!"*

*"I learned so much in this course that I can use with my patients!"*

### *Quote from Dr. Carole Lewis*

*"I have had the distinct pleasure of watching Ms. Barber work and she is a master clinician and outstanding lecturer. There is not a dull or empty moment when she is discussing and demonstrating her favorite topic of balance impairments."*

# PROGRAM OUTLINE

## Day 1

7:30 – 8:00	Registration & Continental Breakfast
8:00 – 8:45	<b>Introduction: Impact of Balance Impairments on the Elderly Population and Identifying the Major Factors</b>
8:45 – 10:15	<b>Anatomy of the Peripheral and Central Vestibular System</b> <ul style="list-style-type: none"> <li>• Labyrinth</li> <li>• Central Connections</li> <li>• Oculomotor System (Central/Peripheral)</li> </ul>
10:15 – 10:30	Break
10:30 – 12:30	<b>Screening of the Vestibulo/Ocular System</b> <ul style="list-style-type: none"> <li>• Peripheral/Central</li> <li>• Testing Lab</li> </ul>
12:30 – 1:30	Working Lunch (on your own) Case Studies, Group Discussion
1:30 – 3:00	<b>BPPV (Benign Paroxysmal Positional Vertigo)</b> <ul style="list-style-type: none"> <li>• How to Evaluate</li> <li>• Treatment Techniques</li> </ul>
3:00 – 4:30	<b>BPPV Lab</b> <ul style="list-style-type: none"> <li>• Learn Alternative Treatment Positions Designed for the Elderly</li> </ul>
4:30 – 4:45	Break
4:45 – 6:00	<b>Common Causes of Peripheral and Central Dizziness</b> <ul style="list-style-type: none"> <li>• Functional Diagnosis of Dizziness</li> </ul>
6:00 – 6:30	Questions and Answers

## Day 2

7:30 – 8:00	Continental Breakfast
8:00 – 8:30	<b>Testing of Oculomotor/BPPV/ Causes of dizziness strategies</b>
8:30 – 10:30	<b>Vestibular Treatment Strategies:</b> <ul style="list-style-type: none"> <li>• Gaze Stabilization Progression Lab</li> <li>• Habituation</li> <li>• Compensation</li> </ul>
10:30 – 10:45	Break
10:45 – 11:45	<b>Organization of Postural Control</b> <ul style="list-style-type: none"> <li>• Three Sensory Systems</li> <li>• Motor Components</li> </ul>
11:45 – 12:30	<b>Understanding Postural Control and Factors to Consider with Assessment</b> <ul style="list-style-type: none"> <li>• Strategies Presently Using</li> <li>• Causes of Inappropriate Strategies</li> <li>• Cognition</li> </ul>
12:30 – 1:30	Working Lunch (on your own) Case Studies, Group Discussion
1:30 – 2:45	<b>Postural Control: Learning Testing Tools and Creative Treatment Strategies</b> <ul style="list-style-type: none"> <li>• mCTSIB - USLS - Theraband</li> <li>• DGI - Tinetti - Functional Reach</li> </ul>
2:45 – 3:15	Lab for Functional Tools
3:15 – 4:15	<b>Treatment Strategies for Somatosensory Deficits</b> <ul style="list-style-type: none"> <li>• Peripheral Neuropathy</li> <li>• Anodyne Therapy</li> </ul>
4:15 – 4:30	Break
4:30 – 5:30	<b>Developing &amp; Progressing Treatment Strategies for Balance Impairments</b> <ul style="list-style-type: none"> <li>• Group Case Study</li> <li>• Individual Case Study</li> </ul>
5:30 – 6:00	<b>Documentation of Balance Disorders</b>
6:00 – 6:30	Questions and Answers

# Great Books



QTY TOTAL

<b>The Functional Toolbox: Clinical Measures of Functional Outcomes . . .</b>	<b>\$89</b>		
<small>Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its itinerary mode of administration, population, validity, reliability, and scoring information.</small>			
<b>The Functional Toolbox II . . . . .</b>	<b>\$89</b>		
<small>Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. <b>Functional Toolbox I and II special: \$159.00</b></small>			
<b>Geriatric Clinical Strategies . . . . .</b>	<b>\$89</b>		
<small>Lewis, 450 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.</small>			
<b>Age-Defying Fitness . . . . .</b>	<b>\$20</b>		
<small>Lewis/Moffat <b>NEW!</b> Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.</small>			
<b>Documenting Quality Care</b>	<b>UPDATED</b>	<b>\$39</b>	
<small>Lewis. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.</small>			
<b>Health Promotion and Exercise for Older Adults . . . .</b>	<b>\$48</b>		
<small>Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.</small>			
<b>Improving Mobility In Older Persons</b>	<b>UPDATED</b>	<b>\$48</b>	
<small>Lewis. The perfect handbook for therapists in most facilities. This book has evaluation and treatment ideas for patients who need bed mobility to gait. All tools and treatments are evidence based.</small>			
<b>Prevention and Wellness Toolkit . . . . .</b>	<b>\$69</b>		
<small>Lewis/Leobetter <b>NEW!</b> This kit is three books in one: The Prevention and Wellness Toolbox, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.</small>			
<b>Orthopedic Outcomes Toolbox . . . . .</b>	<b>\$69</b>		
<small>Lewis/Wilko/Wright. A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.</small>			
<b>Hand-Held Dynamometry . . . . .</b>	<b>\$25</b>		
<small>Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations</small>			
<b>1 Repetition Maximum Progression Pad . . . . .</b>	<b>\$12</b>		
<small>This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression</small>			
<b>Slide Algometer . . . . .</b>	<b>\$6</b>		
<small>An easy-to-use, reliable and valid measurement tool for assessing pain.</small>			
<b>Pocket Card 1 Repetition Maximum . . . . .</b>	<b>\$6</b>		
<small>This valuable tool has 1RM values at 50% and 80% already figured out for you</small>			
<b>Pocket Card Bed Mobility . . . . .</b>	<b>\$6</b>		
<small>This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.</small>			
<b>Pocket Card Sit to Stand Transfer . . . . .</b>	<b>\$6</b>		
<small>This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, &amp; 100% of rise</small>			
<b>Osteoporosis Exercise Booklet . . . . .</b>	<b>\$6</b>		
<b>Self Balance Hints for Older Persons Booklet . . . . .</b>	<b>\$6</b>		
<b>Pilates for Seniors DVD</b>	The Osteoporosis Workout, Instructor Sherri Betz . . .	<b>\$20</b>	

Prices include shipping via USPS (media mail) and handling within the continental U.S. Sub-Total \_\_\_\_\_  
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# 2017 REGISTRATION - TAKING BALANCE TO THE LIMITS

**YES! Please register me for:**

- Mission Viejo, CA - February 25-26      Jackson, MS - April 29-30  
 Billings, MT - July 22-23      Nashville, TN - September 16-17     PT • PTA • OT • COTA • Other

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Address \_\_\_\_\_ Cell Phone \_\_\_\_\_

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## REGISTRATION

**AUDIENCE:** Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants.  
Secondary Audience: Other Rehabilitation Professionals.

**LEVEL:** This course is at an intermediate level.

**FEE:** The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

- MISSION VIEJO, CA** - \$495. If postmarked before 2/11/17  
**JACKSON, MS** - \$495. If postmarked before 4/5/17  
**BILLINGS, MT** - \$495. If postmarked before 6/28/17  
**NASHVILLE, TN** - \$495. If postmarked before 8/23/17

**LATE REGISTRATION:** Postmarked after the above date requires an additional \$25 late fee.

**EARLY BIRD:** \$470 - If completed registration and payment are received by:  
**MISSION VIEJO, CA** - December 14, 2016  
**JACKSON, MS** - March 1, 2017  
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**NASHVILLE, TN** - July 19, 2017

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**CANCELLATION/REFUND POLICY:** Cancellations must be received in **writing** at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. **NO** refunds will be made after this date.

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### 5 Easy Ways to Register

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**FAX** your completed registration form with credit card information to 330-865-6941, 24 hours a day.

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