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2639 Revere Drive
Akron, Ohio 44333-2311

TAKING BALANCE TO THE LIMITS



Janene Barber
PT, GTC, FSOAE

20 Contact Hours

- ~Crucial Techniques & Treatment Ideas for Comprehensive Balance Programs
- ~Hands-on Lab
- ~Extensive Handout
- ~Tons of Treatments

2019

Las Vegas, NV
April 6-7

Green Bay, WI
May 4-5

Olney, MD
June 22-23

Kansas City, MO
August 10-11

Bismarck, ND
September 28-29

Toms River, NJ
October 12-13

Chattanooga, TN
November 2-3



FACULTY

JANENE BARBER, PT, GTC, FSOAE, 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. Janene Barber 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.

MountainView Hospital
Las Vegas, NV
April 6-7, 2019

Host: Bellin Health
Location: Bellin Health Titletown
Sports Medicine and Orthopedics
Green Bay, WI
May 4-5, 2019

Host: NRH Rehabilitation Network
Location: MedStar Montgomery
Medical Center
Olney, MD
June 22-23, 2019

Host: Outpatient Rehabilitation
St. Joseph Medical Center
Location: St. Joseph Medical
Center
Kansas City, MO
August 10-11, 2019

Host: CHI Health At Home
Location: CHI St. Alexius Health
Bismarck, ND
September 28-29, 2019

Host: Community Medical Center
Rehabilitation Services
Location: Community Medical
Center
Toms River, NJ
October 12-13, 2019

Siskin Hospital for Physical
Rehabilitation
Chattanooga, TN
November 2-3, 2019

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

Day 2

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



Great Books

QTY TOTAL

The Functional Toolbox: Clinical Measures of Functional Outcomes . . . \$89		
<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>		
The Functional Toolbox II \$89		
<small>Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. Functional Toolbox I and II special: \$159.00</small>		
Geriatric Clinical Strategies \$89		
<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>		
Age-Defying Fitness \$20		
<small>Lewis/Moffat NEW! Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.</small>		
Documenting Quality Care UPDATED \$39		
<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>		
Health Promotion and Exercise for Older Adults . . . \$48		
<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>		
Improving Mobility In Older Persons UPDATED . . . \$48		
<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>		
Prevention and Wellness Toolkit \$69		
<small>Lewis/Ledbetter NEW! 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>		
Hand-Held Dynamometry \$25		
<small>Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations</small>		
1 Repetition Maximum Progression Pad \$12		
<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>		
Pocket Card 1 Repetition Maximum \$6		
<small>This valuable tool has 1RM values at 50% and 80% already figured out for you</small>		
Pocket Card Bed Mobility \$6		
<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>		
Pocket Card Sit to Stand Transfer \$6		
<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%, & 100% of rise</small>		
Osteoporosis Exercise Booklet \$6		
Self Balance Hints for Older Persons Booklet \$6		
Pilates for Seniors DVD <small>The Osteoporosis Workout, Instructor Sherri Betz</small> . . \$20		

Prices include shipping via USPS (media mail) and handling within the continental U.S. Sub-Total _____
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2019 REGISTRATION - TAKING BALANCE TO THE LIMITS

YES! Please register me for Las Vegas, NV - April 6-7 Green Bay, WI - May 4-5 Olney, MD - June 22-23 Kansas City, MO - August 10-11
 Bismarck, ND - September 28-29 Toms River, NJ - October 12-13 Chattanooga, TN - November 2-3 PT • PTA • OT • COTA • Other

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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.

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

- LAS VEGAS, NV** - \$545. If postmarked before 3/13/19
- GREEN BAY, WI** - \$545. If postmarked before 4/10/19
- OLNEY, MD** - \$545. If postmarked before 5/29/19
- KANSAS CITY, MO** - \$545. If postmarked before 7/17/19
- BISMARCK, ND** - \$545. If postmarked before 9/4/19
- TOMS RIVER, NJ** - \$545. If postmarked before 9/18/19
- CHATTANOOGA, TN** - \$545. If postmarked before 10/16/19

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

EARLY BIRD: \$495 - If completed registration and payment are received by:

- LAS VEGAS, NV** - March 6, 2019
- GREEN BAY, WI** - March 20, 2019
- OLNEY, MD** - May 8, 2019
- KANSAS CITY, MO** - June 26, 2019
- BISMARCK, ND** - August 14, 2019
- TOMS RIVER, NJ** - August 28, 2019
- CHATTANOOGA, TN** - September 25, 2019

DISCOUNT PROGRAM: Receive \$25 off your class registration for each **GREAT Seminars & Books, Inc. on-site course** attended from 2000 to the present up to a maximum of \$200. In order to receive a discount, a copy of each course certificate must accompany registration form. No discounts will be taken once registration is completed.

CONFIRMATION: A confirmation letter will be sent via email at least 3 weeks prior to the course with local hotels and information. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration. Registrations are not guaranteed until confirmed. Space may be limited, so register early.

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.

COURSE CANCELLATION: GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

EDUCATIONAL CREDIT: Educational Credit: A certificate of attendance for 20 contact hours of educational activity (**20 CEUs or 2.0 CEUs depending on how your practice act determines CEUs in your state**) will be awarded to registrants upon completion of the seminar. **Great Seminars and Books is an approved CE provider for PTs and PTAs in DC, NY, KY, IL, TX and NC. Approved in PA, MD, ID, CA, NM, SC, TN, NJ, OH and AR for 20 Clinical Contact Hours. Have applied for approval in OK. This 20 contact hour course meets the guidelines for a Category A activity with the Montana Board of Physical Therapy as it is approved by other state PT Associations and PT Boards. Our courses also meet the guidelines for approval in AL, IN, WY, VA, AZ, DE, NH, OR, RI, UT, GA and MO. Courses are accepted for CEUs in NE, ID, MT, WA, CT, IA, and ND.** If you do not see your state listed, please give our office a call. GREAT Seminars is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #5363. Not approved by ASHA. Your tuition is tax deductible. **All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Coughlin vs. Commissioner, 203 F2d 307.**

LOST CERTIFICATES: Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$25.

5 Easy Ways to Register

WEBSITE: Online Registration at www.greatseminarsandbooks.com

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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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