

# Taking Balance to the Limits

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Recognizing quality in  
continuing competence



**2020**

**Raleigh, NC  
August 15-16**

**Matthews, NC  
(Charlotte, NC Area)  
September 12-13**

**Shreveport, LA  
October 10-11**

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.

# FACULTY

**JANENE BARBER, PT, GTCCS, 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.

## 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.

# 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
- Labyrinth
  - Central Connections
  - Oculomotor System (Central/Peripheral)
- 10:15-10:30 Break
- 10:30-12:30 Screening of the Vestibulo/Ocular System
- 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)
- How to Evaluate
  - Treatment Techniques
- 3:00-4:30 BPPV Lab
- Learn Alternative Treatment Positions Designed for the Elderly
- 4:30-4:45 Break
- 4:45-6:00 Common Causes of Peripheral and Central Dizziness
- 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:
- Gaze Stabilization Progression Lab
  - Habituation
  - Compensation
- 10:30-10:45 Break
- 10:45-11:45 Organization of Postural Control
- Three Sensory Systems
  - Motor Components
- 11:45-12:30 Understanding Postural Control and Factors to Consider with Assessment
- 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
- mCTSIB - USLS - Theraband
  - DGI - Tinetti - Functional Reach
- 2:45-3:15 Lab for Functional Tools
- 3:15-4:15 Treatment Strategies for Somatosensory Deficits
- Peripheral Neuropathy
  - Anodyne Therapy
- 4:15-4:30 Break
- 4:30-5:30 Developing & Progressing Treatment Strategies for Balance Impairments
- Group Case Study
  - Individual Case Study
- 5:30-6:00 Documentation of Balance Disorders
- 6:00-6:30 Questions and Answers



## LOCATIONS

**Additional course information will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the start of the course.**

WakeMed Raleigh Campus  
William F. Andrews  
Conference Center  
3024 New Bern Avenue  
Raleigh, NC 27610  
**August 15-16, 2020**

Ochsner LSU Health Shreveport  
1541 Kings Highway  
Shreveport, LA 71103  
**October 10-11, 2020**

Novant Health Matthews  
Medical Center  
1450 Matthews Township  
Parkway, Suite 150  
Matthews, NC 28105  
**September 12-13, 2020**

# 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.

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

**RALEIGH, NC** - \$545. If postmarked before 7/21/20  
**MATTHEWS, NC** - \$545. If postmarked before 8/19/20  
**SHREVEPORT, LA** - \$545. If postmarked before 9/16/20

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

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

**RALEIGH, NC** - June 17, 2020  
**MATTHEWS, NC** - July 22, 2020  
**SHREVEPORT, LA** - August 12, 2020

**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. Additional discount codes may not be used with the certificate discount program.**

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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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**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 MD, CA, UT, PA, ND, LA, MS and AR for 20 Clinical Contact Hours. Have applied for approval in OK and CO. This course is a "certified activity" for North Dakota PTs and PT Assistants as it is certified for 20 CCUs by ProCert - a program of the Federation State Boards of Physical Therapy (FSBPT). This course has been approved by

the Nevada Physical Therapy Board for 1.5 renewal units (15 CCUs) and 2.0 total units (20 CCUs) of continuing education (type: Clinical). This course is approved by the Florida PT Association for 24 continuing education hours. Our courses also meet the guidelines for approval in KS, SD, PA, 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. This course is not approved by ASHA or Board of Certification (BOC). Your tuition is tax deductible. Any reference to or mention of state rules or regulations concerning continuing education requirements are true and accurate to the best of our knowledge at the time of print. If you have questions, please contact your board or regulating body.

**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](http://www.greatseminarsandbooks.com)

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

**EMAIL** your registration to [greatseminars@aol.com](mailto:greatseminars@aol.com)

**CALL** Monday-Thursday 10-5 EST, Friday 10-1 EST  
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\*AOTA does not endorse specific course content, products, or clinical procedures. \*\* A certificate of attendance for 20 contact hours or 2 CEUs of educational activity (2.0 or 20 CEUs depending on how your Practice Act determines CEUs in your state) will be awarded to registrant upon completion of the seminar.



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YES! Please register me for:

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Shreveport, LA - October 10-11

Circle One: PT • PTA • OT • COTA • Other \_\_\_\_\_

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# Taking Balance to the Limits



**Janene Barber**  
PT, GTCCS, FSOAE

**[\$545 Value]**  
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# GREAT Courses *for* GREAT Outcomes

*"where therapists learn and excel  
in the care of the ever-increasing  
older adult population"*

*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 IS FOR YOU!**

**Here's what our course attendees say:**

*"This course was fantastic! Fun, helpful, thorough. Janene knows her stuff. I will use this info tomorrow at work. This elevates us as clinicians."*

*"Ms. Barber was the best instructor I have had in all of my CEU classes."*

*"Janene Barber is simply awesome!"*

*"Great, dynamic speaker."*

*"Janene was great. Made the information easy to understand."*

**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."*