

Would you like to take a fabulous course to enhance your clinical skills?

Taking Balance to the Limits

Speaker: JANENE BARBER, PT, GTCCS, FSOAE

Course 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. According to the article by Jacquelin Donovan in Clinical Rehabilitation 2023, "More than 1 in 2 people who fall have a vestibular dysfunction." Recognizing and assessing vestibular dysfunction can be a challenge. Not all of our patients fit into the box of BPPV (Benign Paroxysmal Positional Vertigo). This course will look at BPPV and go beyond, looking at addressing vestibular dysfunctions affecting our older adults. As noted in a recent article in GeriNotes "Eyes are the Window to... Gait", the clinician will learn how to identify oculomotor deficiencies with recognized bedside assessments and employ therapeutic interventions to address oculomotor system. The treating therapist will learn to utilize appropriate standardized assessments for vestibular, postural control and somatosensory dysfunctions and apply innovative evidenced based treatment strategies.

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 useable evaluation and treatment techniques that will dramatically change your practice. You and your patients deserve to receive this cutting-edge information.

Faculty Bio

Janene Barber, PT, GTCCS, FSOAE, received her BS from the University of Missouri. She earned her Geriatric Training Certificate from Great Seminars and Books in 2007 and her Functional Standard for Optimal Aging Expert Certification in 2018. Janene has practiced in a variety of settings. She was the Director of Rehabilitation at a large New Orleans Hospital where she also was an adjunct faculty at LSU and USA-Mobile. Ms. Barber was President/Owner of Occupational Wellness and St. Charles Physical Therapy Center in Louisiana.

She Joined Gentiva Health Services and became Clinical Program Specialist for a nationally acclaimed program "Safe Strides", the first evidenced-based homecare balance and vestibular training program. She was responsible for training, development, and outcomes with the program.

In addition, Ms. Barber was Vice President of Clinical Programs for the largest house call medicine group where she developed and implemented a medical balance assessment and home care program which is performed by physicians and rehabilitation professionals. She has created and developed continuing education courses on the treatment of balance and vestibular disorders. Ms. Barber has consulted with top national homecare and long-term care companies to implement evidenced-based balance and vestibular curriculum. She has taught in 48 states and internationally in Israel.

Presently she is President and owner of Cygnet Health Associates and is involved in Raise the Bar Consulting Co, providing education and training in geriatric assessment and treatment specializing in balance and vestibular disorders.

Course 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 Agenda

DAY 1

- 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

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 Vestibular Treatment Strategies Cont.

- Drug Treatment of Vertigo
- Case Studies for Vestibular Rehab
- 11:45-12:30 Organization of Postural Control
- Three Sensory Systems
- Motor Components

12:30-1:30 Working Lunch (on your own) Case Studies, Group Discussion

1:30-2:15 Understanding Postural Control and Factors to Consider with Assessment

- Strategies Presently Using
- Causes and Strategies to Address Inappropriate Strategies
- 2:15-3:30 Postural Control: Learning Testing Tools and Creative Treatment Strategies

- mCTSIB - USLS – Theraband DGI - Functional Reach

- Peripheral Neuropathy

- Home Assessment

3:30-4:15 Lab for Functional Tools

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

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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.

REGISTRATION FEE: \$595. The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

EARLY BIRD REGISTRATION: \$545 (Please see website for Earlybird Dates)

COURSE INFORMATION LINK:

<https://www.greatseminarsandbooks.com/taking-balance-to-the-limits-online-registration/>

2024 Course Locations

Tampa, FL – March 9-10, 2024

Nova Southeastern University, Tampa Bay Regional Campus

Dr. Pallavi Patel College of Health Care Sciences

Physical Therapy Department

3400 Gulf to Bay Blvd.

Clearwater, FL 33759

Live Webinar – June 22-23, 2024

Madison, WI – August 3-4, 2024

Oak Park Place

718 Jupiter Drive

Madison, WI 53718

Syracuse, NY – October 19-20, 2024

Host: Upstate Medical University Rehabilitation Therapy

Location: Institute for Human Performance at Upstate

Medical University

505 Irving Avenue, Syracuse, NY 13210

3 Easy Ways to Register

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