

# Vestibular Rehabilitation SIG

## Academy of Neurologic Physical Therapy

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## Message from the Chair

Anne K. Galgon, PT, PhD, NCS

Vestibular Rehab SIG Chair

### Vestibular Rehab is Advancing and Going International?

Last year, at CSM in Anaheim, the Vestibular Rehabilitation SIG celebrated its 20<sup>th</sup> year of existence. We acknowledged the tremendous growth of our membership and contributions our members have made to the field of Vestibular Rehabilitation. This newsletter will highlight upcoming CSM programming and events planned for San Antonio in February, including our business meeting on Saturday, where we acknowledge accomplishments and discuss upcoming plans. What is really striking when reviewing these activities, is that the VRSIG is expanding more and more **into international endeavors**.

Many SIG members have been working hard to advance clinical practice in the United States. Of particular importance is the work of the Vestibular Specialization Taskforce. Please see the **call for vestibular rehab therapist to provide survey input into the description of advance practice**, in this newsletter and in email notifications for the VRSIG. We are looking for a great response so the taskforce can develop a strong description of Vestibular Rehabilitation Practice and petition for specialization in Vestibular Rehabilitation. **Please complete the survey!** I would like to applaud the taskforce work in this tremendous effort.

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### Vestibular Rehabilitation SIG Officers:

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Vice Chair	Lexi Miles, MPT <a href="mailto:leximiles@gmail.com">leximiles@gmail.com</a>
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	Social Media Coordinator: April Hodge, PT <a href="mailto:aprillax@yahoo.com">aprillax@yahoo.com</a>
	Abstract of the week Coordinator: Sara Oxborough, MS, PT <a href="mailto:sarao@stopdizziness.com">sarao@stopdizziness.com</a>
International Relations Coordinator:	Chuck Plishka PT, DPT <a href="mailto:chuckdpt@posturebalance.com">chuckdpt@posturebalance.com</a>

For more information go to:  
<http://www.neuropt.org/go/special-interest-groups/vestibular-rehabilitation>



## 2017 SAN ANTONIO PROGRAMMING PREVIEW

By Lexi Miles MPT • VRSIG Vice Chair

In 2017, CSM will be held in San Antonio, Texas. Here is a summary of a few of the exciting courses and presentations that are being offered this year. Please make sure to join us at our business meeting on Saturday morning. This is a great opportunity for networking. We look forward to seeing you there!

**Precon course: Wednesday, February 15, 8:00 AM - 5:30 PM: Managing Visual and Vestibular Dysfunction in the Home**

**Location:** Grand Hyatt San Antonio

**Room:** Seguin A

**Speakers:** Sharan Zirges, PT, DPT, MSHA; Dianne Wrisley, PT, PhD, NCS; and Michelle Gutierrez, PT, DSc

**Description:**

Visual and vestibular deficits are associated with many neurological disorders and with an increased risk of falls. Home health physical therapists encounter these deficits frequently. Assessment and treatment of these systems may provide a challenge in the home. This course will provide an overview of visual and vestibular tests and screens for the home health clinician. The goal is to provide tools that can be utilized in the home to identify vestibular and visual deficits but also to recognize signs and symptoms requiring referral for more specific assessment. Differential diagnosis of causes of vestibular and visual deficits will be discussed. Interventions for visual and vestibular dysfunctions that can be performed in the home will be provided with an opportunity to practice in a lab setting.

**Thursday, February 16, 11:00 am -1:00 pm: Evaluation and Treatment of Motion Induced Disorders**

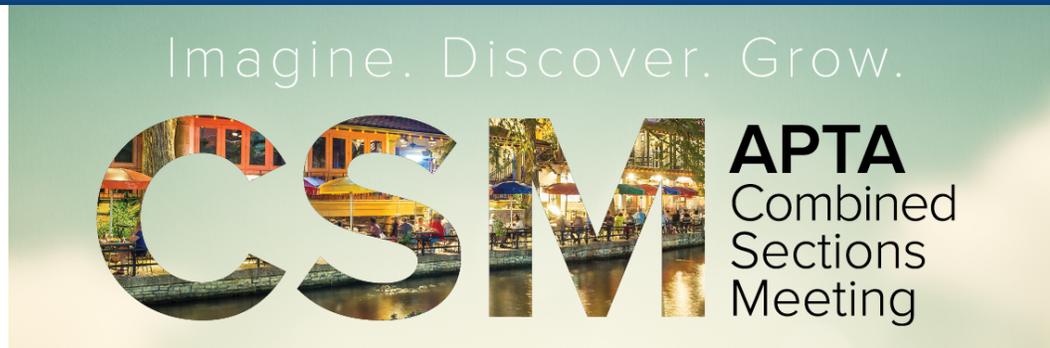
**Location:** Henry B. Gonzalez Convention Center

**Room:** Hemisfair Ballroom 3

**Speakers:** Sara Oxborough, PT and Rachel Wellons, PT, DPT, NCS

**Description:**

Motion is often times a trigger for vestibular disorders. In this session two disorders with vestibular involvement, but limited research, will be discussed. Mal de Debarquement is a rare but debilitating disorder that occurs after passive motion has ceased. Motion Sensitivity is another disorder that occurs while in motion, and causes dizziness, nausea, and imbalance while in passive locomotion or with motion of the visual surround while still and walking. Material will be presented in an unfolding case study format with clinical reasoning and decisions used to examine and provide intervention to individuals with these two disorders. The roles of medical management in these cases will also be discussed. A framework for managing patients with these disorders will be discussed. Recommendations for future research will be made for improved evidence in management of patients with these disorders.



## 2017 SAN ANTONIO PROGRAMMING PREVIEW

### **Friday, February 17, 8:00 am -10:00 am: Clinical Management of Lateral (horizontal) Canal Benign Paroxysmal Positional Vertigo (BPPV)**

**Location:** Henry B. Gonzalez Convention Center

**Room:** Hemisfair Ballroom 1

**Speakers:** Anne Galgon, PT PhD, NCS; Janene Holmberg, DPT; Wendy Webb Schoenewald PT, OCS

**Description:** Benign Paroxysmal Positional Vertigo (BPPV) is a common diagnostic group seen in physical therapy practices. Posterior canal BPPV makes up the majority of cases seen in practice and effective diagnostic tests and interventions for this condition are well established. However, the frequency at which lateral canal (LC) BPPV is seen in clinics appears to be higher than previously recognized. High variability in the management of LC BPPV in both diagnostic and intervention methods has been reported in the literature and was seen in the physical therapy practices we examined. The variability may be explained by the pathophysiology of LC BPPV and poorer outcomes from any one type of maneuver as compared to posterior canal BPPV. The session will discuss the pathophysiology of lateral canal BPPV in relationship to the problems in diagnosis, intervention variability and outcomes. The session will present two alternative approaches to management of LC BPPV. Case studies will be presented to emphasize both differential diagnosis and intervention decisions in the subpopulations of BPPV. Participants will view video of ocular movements and nystagmus during examination and interventions in the case study presentations to advance clinical decision making skills.

### **Friday, February 17, 3:00 pm – 5:00 pm: Brain or Strain? Differentiating mTBI From Cervical Spine Injury**

**Location:** Henry B. Gonzalez Convention Center

**Room:** Hemisfair Ballroom 1

**Speakers:** Rob Landel, DPT, OCS, CSCS, FAPTA and Laura Morris, PT

**Description:** The cause of dizziness following concussion/mild traumatic brain injury (mTBI) is multifaceted. Certainly central and peripheral vestibular dysfunction is common. Concussed patients likely also sustain neck injuries during the traumatic event, making cervical sensorimotor deficits possible contributors to the dizziness (aka cervicogenic dizziness, CGD). CGD is often overlooked, however, because a central origin is presumed. Appropriate management requires determining the cause of the dizziness, however this can be a diagnostic challenge. The purpose of this program is to present the common manifestations of symptoms arising from physiologic, vestibule-cochlear and cervical structures after a concussion event. In particular, the presenters will



## 2017 SAN ANTONIO PROGRAMMING PREVIEW

focus on how one might clinically differentiate dizziness due to each of these three sources. Suggestions for appropriate management for each condition will be presented.

### **Saturday, February 18, 6:45 am -7:45 am: Vestibular SIG Business Meeting**

Come hear about what the SIG has been up to for the past year and what we plan to accomplish next year. All who attend will receive tickets to be entered into a drawing for a number of fabulous prizes including vestibular text books, video frenzel goggles, optokinetic training DVD's and more. We hope to see you there!

### **Saturday, February 18, 3:00 pm – 5:00 pm: Expanding treatment strategies for persistent non-vertiginous dizziness**

**Location:** Henry B. Gonzalez Convention Center

**Room:** Hemisfair Ballroom 1

**Speakers:** Kenda Fuller PT; Janene M. Holmberg, PT, DPT, NCS; Brady Whetten, PT, DPT, GCS

**Description:** Persistent non-vertiginous dizziness can be a prominent disabling complaint secondary to migraine, concussion and following definable inner ear events despite evidence the initial crisis is physiologically well healed. The intent of this course will be to provide physical therapists specific tools to better treat and manage patients who exhibit primary impairments of visual motion sensitivity, somatosensory/vestibular processing deficits and autonomic nervous system maladaptation. We will present the latest evidence regarding the use of vision therapy techniques, sensory facilitation and integrative relaxation techniques. Through case applications, we will present a framework to successfully identify individuals that will benefit from this expanded toolbox based on their history and examination, and clear examples of progressing interventions and measuring progress. Proper dosage to ensure tolerance and sufficient training to optimize recovery will be reviewed. The diagnostic criteria and differential diagnosis have been well defined in the literature and this course provides the continuum of care that is critical to success in the clinic.

### **Other talks you may be interested in:**

**Friday, February 17, 8:00 am – 10:00 am: Defining Dizziness: An Acute Care Approach to Vestibular Dysfunction in the Hospital** Section: Academy of Acute Care P.T. **Speakers:** Kerry Lammers PT, DPT and Gabrielle Steinhorn PT, DPT, NCW

**Saturday, February 18, 8:00 am – 10:00 am: Knowledge Translation: Acute Care Neurology and Complex Vestibular Dysfunction** Section: Academy of Acute Care PT **Speaker:** Daniel Stam PT, DPT, CBIS

**Saturday, February 18, 8:00 am – 10:00 am: Forward Head Posture in Elderly: CoNECKtion to Vestibular Deficits**  
**Speakers:** Leslie Allison PT, PhD; Sara Migliarese PT, PhD, NCS and Emma White PT, DPT, OCS



## Vestibular Rehab – An International Experience from the 29<sup>th</sup> Barany Society Meeting

By **Susan L. Whitney DPT, PhD, NCS • Newsletter Contributor**

The Barany Society is an international group of clinicians and scientists interested in advancing practice in the area of vestibular and balance disorders. The mission of the Society is to “facilitate contacts between basic scientists and clinicians engaged in vestibular research and to stimulate otoneurological research”. The meeting honors Dr. Robert Bárány, who was professor of Otorhinolaryngology at the University of Uppsala, Sweden, from 1926 to 1936 and who was awarded the Nobel Prize for his groundbreaking work in the area of vestibular physiology.

Biannual meetings are held around the world, with the meeting held in Sweden every 6 years. The most recent Barany Society meeting was held in Seoul, South Korea in June and the next Society meeting will be held in Uppsala, Sweden in 2 years (June 10-13, 2018). Previous meetings have been held in Australia, Buenos Aires, Kyoto (Japan), Iceland, London, Paris and others. The Society was created in 1960 and has been growing steadily.

The meetings are generally 2.5 days long that consist of plenary talks, platform presentations and posters. There is typically either a pre or post meeting focused on a specific topic. Recent topics have included vestibular rehabilitation and compensation plus space vestibular science. Teaching courses are held prior to the start of the meeting. The Journal of Vestibular Research recently recorded some of the teaching lectures from South Korea and plan to post them on their You-tube channel in the near future once all of the permissions have been signed off on from the presenters. The teaching faculty includes seasoned authors with international reputations.

The Bárány Society has developed subcommittees to review and compile evidence based consensus and standardization documents “regarding definition of syndromes, diseases, diagnostic procedures and treatment by means of its standardization committees and discussions with other stakeholders.” Their efforts are being led by Drs. Bisdorff and Kingman. Standardization committees must have people from at least 4 continents



## 29<sup>th</sup> Barany Society Meeting Seoul, Korea **USA Well Represented**

participating. Documents in process or already developed include information about BPPV, vestibular migraine, Meniere’s disease, acute unilateral vestibulopathy, vestibular testing, nystagmus/signs, bilateral vestibulopathy, vestibular paroxysmia, vascular vertigo syndromes, and behavioral vestibular disorders. All completed documents are published as free access papers in the Journal of Vestibular Research at <http://www.jvr-web.org/Featured.html>. In addition, the Journal of Vestibular Research also publishes the abstracts from Society meetings.

Society meetings are open to any physical therapist that wants to attend. There will be a call within the next year for abstracts for the meeting in Sweden. The Barany website is: <http://baranysociety.nl/index.html>. A picture of the attendees and some of the interactions are included below. The meeting is rather unique in that one has an opportunity to meet and dialogue with some of the best vestibular clinicians and scientists in the

world. I will never forget in Seattle at my first Barany meeting when I met Drs. John Epley, Michael Hyamalggi, Bob Baloh, and Thomas Brandt to name only a few of the amazingly talented people that I now know via attendance at the Barany Society meetings.



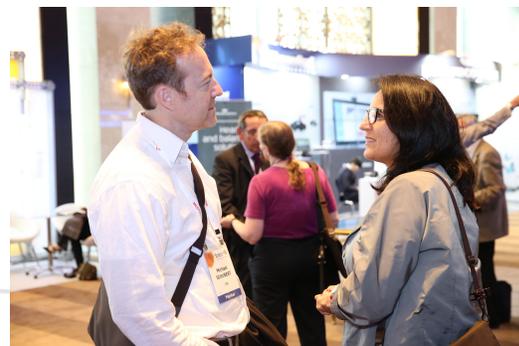
*Susan L. Whitney DPT, PhD, NCS*



*Helen Cohen EdD, OTR*

The scientific program and interactions with colleagues provides me with new ideas and motivates me to improve my practice and research. Presently, the Barany meeting is the only meeting in the world specifically related to persons with balance and vestibular disorders where neurologists, otolaryngologists, basic scientists, plus physical and occupational therapists get together to learn from each other. I strongly suggest that you consider getting your passport in order (it must have at least 2 free pages and must be current 6 months after the date that you plan to leave Sweden!) so that you are ready to join us in Sweden in 2 years. The physical therapy community presence has grown significantly at this meeting and we hope to see continual growth.

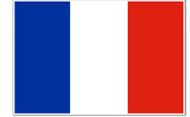
The Barany meeting is a great place to interact and engage with world leaders in moving the science of vestibular physical therapy forward.



*Michael Schubert PT, PhD*



## Invitation from the *French!*



The French Society of Vestibular Physiotherapy has invited members of the VRSIG to speak at their annual conference. The conference will occur April 27-29<sup>th</sup>, near Paris, France. The theme of the conference will be "Multisensory Rehabilitation in Treatment of the Dizzy patient", and our speakers will have an hour to discuss the practice patterns of therapists in USA.

Information on this conference is available at: <http://www.congres-jfk.fr>

## MENTORS NEEDED!

Are you an established vestibular therapist wishing to share your knowledge and experience? The Academy of Neurologic Physical Therapy has a Mentoring Program designed to help you!

This program is designed for clinicians at all stages of experience, from PT/PTA students, to new grads, and also for those experienced therapists looking to expand their clinical practice knowledge. This program empowers our members (PTs, PTAs, SPTs, and SPTAs) to take responsibility for their professional development through the support of an experienced and established neurologic physical therapist mentor. In this program, the learner is called a 'Mentee' (a.k.a. Protégé), and the clinician providing the guidance is the 'Mentor'.

If you are looking to become a Mentor with the Academy of Neurologic Physical Therapy, Click the following link now to begin, and Follow the 'Instructions for prospective mentors':

<http://www.neuropt.org/professional-resources/mentorship>

## MARK YOUR CALENDARS!!

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# Thank You for your Service!

Lisa Dransfield PT, DPT, NCS • Nominating Committee Chair

The Vestibular Special Interest Group (SIG) would like to thank the outgoing officers for their service to our SIG. A sincere thanks to Lisa Dransfield, PT, DPT, MA who is the outgoing Chair of the Nominating Committee and a warm welcome to Kurt van der Schalie, MPT, DPT, ATC, OCS who has been elected to the Nominating Committee. Many thanks to the dedicated leaders, both elected and volunteer, who generously share their time and talents on behalf of the Vestibular Special Interest Group.

The Vestibular Special Interest Group thanks all those who ran for elected leadership and encourages continued involvement through volunteer opportunities within our SIG. There are many opportunities to get involved and join your colleagues in the pursuit of excellence as we collaborate to advance vestibular practice. Service opportunities in the Vestibular SIG are rewarding personally and professionally. We invite you to learn more about the opportunities to volunteer in our SIG by contacting Dr. Anne Galgon, Chair of the Vestibular Special Interest Group via E-mail, [anne.galgon@temple.edu](mailto:anne.galgon@temple.edu)

There will be one position open on the Nominating Committee in July 2017, and anyone interested in running for office should contact our Nominating Committee Chair, Becky Bliss, PT, DPT, NCS at [rebecca.bliss1012@gmail.com](mailto:rebecca.bliss1012@gmail.com) Our team looks forward to working with you!

## CALL FOR NEWSLETTER ARTICLE WRITERS!!!

Do you want to get involved with your SIG? Do you have a poster that you have presented would be helpful to our Members Consider writing an article for the newsletter or sending your poster content to the editors.

You can write on a topic of your choosing or an appropriate topic could be assigned to you. If you are interested in getting involved with the newsletter, please contact Betsy Grace Georgelos at [Elizabeth.grace@uphs.upenn.edu](mailto:Elizabeth.grace@uphs.upenn.edu) or Debbie Struiksma PT, NCS at [dstruiksma77@aol.com](mailto:dstruiksma77@aol.com).

## We Need Your Help!

The Vestibular Specialization Task Force of the APTA Academy of Neurologic Physical Therapy solicits your assistance in this initial step toward proposing a recognized ABPTS specialty area of practice in vestibular rehabilitation. We are asking individuals from a wide variety of APTA Sections/Academies, who are **actively involved in vestibular practice area and who consider themselves practicing at a vestibular specialist level**, to complete the online survey to help us determine a Vestibular Description of Specialty Practice.

This survey is a major step in developing a specialty area of practice in vestibular rehabilitation. Your answers will help the Task Force to define vestibular rehabilitation as a specialty within physical therapy. If ABPTS approves a clinical specialist designation for vestibular rehabilitation, the Description of Specialty Practice will define vestibular specialization and ultimately development of the questions for the certification exam.

A few comments / instructions about the electronic survey:

- Click the link <https://www.surveymonkey.com/r/QM7SZ3D> to access the survey.
- The survey could take up to 45 minutes to complete.
- Please read the guidelines at the beginning of the survey.
- All responses will be anonymous; individual respondents will not be identified.

To thank those who participate, a drawing will take place in early January, from among all individuals who **complete** the survey and provide their name and contact information. **Five names will be drawn to each receive a \$100 Amazon gift cards** (provided by the Academy of Neurologic Physical Therapy) and one name will be drawn to receive a free copy of **Dr Herdman's book *Vestibular Rehabilitation*** (donated by FA Davis). The Vestibular Specialization Practice Analysis Task Force sincerely thanks you for your time in completing this survey, as the completion of this survey is a critical step in the process of us reaching our end goal of an official vestibular rehabilitation clinical specialization.

Chuck Plishka and Anne Galgon have been invited to present at the Meeting of the French Society of Vestibular Physiotherapy

## Message from the Chair

(Continued from page 1)

Other VRSIG efforts include updating and expanding resources, planning new educational opportunities for clinicians and developing recommendations for entry-level education in vestibular rehabilitation. Naturally, clinicians outside of this country have been taking notice and are looking for expert clinicians to further their education.

US trained vestibular rehabilitation clinicians and researchers have been providing continuing education and participating in conferences outside of the US. Of note, previous VRSIG chair, Sue Whitney has been globetrotting and has taught in the cities of Amman, Buenos Aires, Seoul, Frankfurt, Munich, Lisbon, Guadalajara and Dublin. This newsletter presents an article from Sue Whitney discussing the **2016 XXIXth Barany Society Meeting**,

in which she and Michael Schubert participated in Seoul, South Korea. I want to thank them in sharing their experiences at this multi-disciplinary meeting of the international society of neuro-otology. Susan Herdman, our founding SIG chair, has taken her Vestibular Rehabilitation continuing education course to South Africa, Italy, Australia and New Zealand. Several VRSIG members assist in these courses.

Chuck Plishka, the VRSIG International Relations Coordinator, and Anne Galgon, VRSIG chair have been invited to present a talk about Multisensory Vestibular Therapy in the United States of America at the **French Society of Vestibular Physiotherapy Meetings** in April 2017. Recently, Chuck Plishka has, along with 5 other country special interest groups, petitioned to start a **Vestibular Rehab Special Interest Group in the World Confederation of Physical Therapists**. He will be working with the International Neurologic Physical Therapy Association to make this happen. The other countries who are participating include, New Zealand, Argentina, France, England and Belgium.

The *most exciting upcoming event* will be the first, ever, **International Conference in Vestibular Rehabilitation** to be held in the United States. The goal of the conference is to bring international and national clinical experts and scientists working in vestibular disorders together, in one forum, in order to inform and advance the practice of vestibular rehabilitation. This international conference has been approved and will be sponsored by the Academy of Neurological Physical Therapy. The VRSIG would like to thank the ANPT Board for their willingness to support this effort. Several VRSIG members and Sandy Rossi from the ANPT have begun planning. Look for more information at our CSM Business meeting in San Antonio and in future newsletters and abstract of the week.



## Message from the Chair (cont.)

I continue to be proud to be part of this active group of physical therapists working towards advancing the practice of vestibular rehabilitation in this country. I want to thank the leadership group and members who are committed to our mission. I look forward to meeting many of you at CSM in San Antonio in February. It continues to be an exciting time to be a vestibular rehabilitation physical therapist.



The banquet

**THE BARANY SOCIETY BANQUET IN SEOUL, SOUTH KOREA.**

**NEXT STOP... UPPSALA, SWEDEN 2018!**