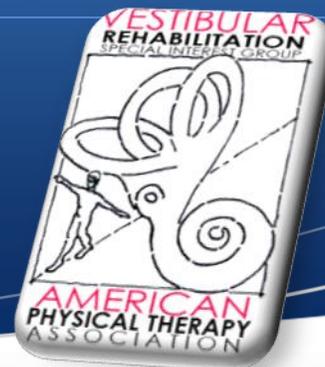


Vestibular Rehabilitation SIG

American Physical Therapy Association/Neurology Section

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Message from the Chair

Anne K. Galgon, PT, PhD, NCS

Vestibular Rehab SIG Chair

How can the Vestibular Rehab SIG help your practice?

The Vestibular Rehabilitation (VR) SIG is in its 20th year of serving physical therapists who manage individuals with vestibular and balance disorders. Oh my, have we grown! In 1995 there were 39 people listed as members of the VR SIG. Today there are approximately 1800 members with about 20 new members signing up each month. The below graph shows the number of members and the dramatic increase in interested in vestibular rehabilitation over the last 5 years. We hope that the rise in membership is due to the growing demand for vestibular rehab therapists and the value our resources are to physical therapists. The mission of the VR SIG special interest group is to provide a forum for APTA Neurology Section members who have a common interest in the promotion of health, wellness, optimal function, and quality of life for individuals with balance and vestibular disorders. We do this by providing forums to share ideas, provide education and practical resources that can be utilized by any therapists practicing vestibular rehabilitation. We hope that

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Vestibular Rehabilitation SIG Officers:

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



COMBINED SECTIONS MEETING 2016 PROGRAMMING PREVIEW

By Lexi Miles MPT • VRSIG Vice Chair

In 2016, CSM will be held in sunny Anaheim, California. This year we will be celebrating the 20th anniversary of the Vestibular SIG! We hope to see you at the celebration. **Also, please note the new time for the SIG Business Meeting.** Here is a summary of a few of the exciting courses and presentations that are being offered this year.

Thursday, February 18, 8:00 am -10:00 am

Anne Shumway-Cook Lecture: Can we change what we do to help those who don't get better?

Susan Herdman, PT, PhD, FAPTA

Location: Hilton Anaheim

Room: Pacific Ballroom C

Description:

The vestibular system serves as a useful model to understand mechanisms underlying recovery, the development of exercises based on those mechanisms, and the level of functional recovery that can be expected naturally or with intervention. There now is abundant research regarding the benefits of vestibular physical therapy in patients with unilateral vestibular hypofunction. One of the greatest dilemmas for therapists is the patient who does not improve with interventions that have been shown to be effective treatments. This session will examine the historical treatment of patients with dizziness, review successful treatment, explore factors that may affect the outcome of rehabilitation in patients with vestibular dysfunction, and translate these findings into the treatment of individuals with other neurological disorders participating in outpatient rehabilitation. The presenters will also explore alternative treatment approaches that may benefit patients who have not responded to traditional vestibular physical therapy.

Vestibular SIG Sponsored programming:

Thursday, February 18: 11:00 am-1:00 pm

Differentiating migraine, cervicogenic and anxiety related dizziness.

Rob Landel, DPT, OCS, CSCS, FAPTA; Laura Morris, PT and Janene Holmberg, DPT

Location: Hilton Anaheim

Room: Pacific Ballroom A

Dizziness is a common and often debilitating problem, yet often remains unexplained in 40%-80% of cases. Physical therapists can play a crucial role in differentiating the cause of dizziness, particularly when the dizzy symptoms are originating from migraines, anxiety, or the cervical spine. There is increasing evidence that failure to properly identify and treat cervical, anxiety, or migraine contributions to dizziness results in protracted or suboptimal recovery. The purpose of this session is to present the common manifestations of symptoms arising from anxiety, migrainous vertigo, and cervicogenic dizziness. The presenters will focus on how to clinically differentiate dizziness from these 3 sources. Suggestions for appropriate management for each condition will be presented.



COMBINED SECTIONS MEETING 2016

Saturday, February 20: 7:10 am to 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, Infrared video goggles, optokinetic training DVD's and more. We hope to see you there!

Saturday, February 20: 11:00 am- 1:00 pm

Vestibular Rehabilitation for Peripheral Vestibular Hypofunction: Clinical Practice Guideline and Beyond!

Courtney Hall, PT, PhD; Susan Herdman, PT, PhD, FAPTA and Lisa Heusel-Gillig, DPT

Location: Hilton Anaheim

Room: Pacific Ballroom C

Description:

It is estimated that 35.4% of adults in the United States have vestibular dysfunction requiring medical attention, and the condition results in a substantial increase in fall risk. The Neurology Section and APTA supported the development of a clinical practice guideline (CPG) for vestibular rehabilitation of peripheral vestibular hypofunction. A Cochrane Database systematic review concluded that there is moderate to strong evidence in support of vestibular rehabilitation in the management of patients with unilateral vestibular hypofunction for reducing symptoms and improving function. The purpose of the CPG is to review the peer-reviewed literature and make recommendations based on the quality of the research for the treatment of peripheral vestibular hypofunction. The speakers will present the findings of clinical practice guidelines (CPG) for vestibular rehabilitation, including clinical and research recommendations. The session will use a case-based approach to illustrate implementation of these guidelines in clinical practice.

Other vestibular related programming:

Friday, February 19, 2016, 11:00 AM - 1:00 PM

Examination of Visual and Vestibular Function in the Home Health Setting

Diane Wrisley, PT, PhD, NCS and Sharan Zirges, PT, MSHA

Location: Anaheim Convention Center

Room: 204 C

Description:

Visual and vestibular deficits are associated with many neurological disorders and with an increased risk of falls. Home health physical therapists often encounter these deficits. This session will provide an overview of visual and vestibular tests and screens for the home health clinician. The goal of this session 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.



COMBINED SECTIONS MEETING 2016

Other vestibular related programming:

Friday February 19, 3:00 pm – 5:00 pm

More common than you think: Vestibulo-ocular and vestibulospinal dysfunction in aging and neurodegenerative disease.

Lee Dibble, PT, PhD, ATC; Courtney Hall, PT, PhD and Michael Schubert, PT, PhD

Location: Hilton Anaheim

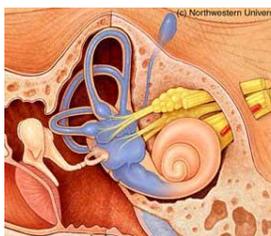
Room: California Ballroom D

Description:

With age and impairment due to neurodegenerative processes, the nervous system expresses symptoms of dizziness and imbalance with a dramatic increase in fall risk. While the fall risk of older individuals is well-known, the symptoms for patients with peripheral nervous system (PNS) pathology and central nervous system (CNS) degeneration are less well-known and manifest as vestibulo-ocular and vestibulo-spinal impairment. Emerging research shows a clear dysfunction in vestibular physiology in these populations, which adversely affects gaze and postural control and increases fall risk. This session will discuss the pathophysiology of vestibular function in the context of aging and PNS/CNS damage, critical examination tools, and research-based recommendations to augment vestibular motor learning in these patient populations. The presenters will use case studies to illustrate characteristic deficits in vestibular function and guide clinical decision making regarding examination and treatment.

If you have any ideas for future programming, please contact Lexi Miles at lexirmiles@gmail.com. Thank you and hope to see you in Anaheim!

Don't forget!
The Vestibular Rehabilitation SIG
Business meeting is on
Saturday, February 20th at 7:10am-7:45am
We look forward to seeing you there!!



Abstract of the Week August Topic of the Month

Meniere's Disease

By Sara Oxborough, MS, PT, Abstract of the Week Coordinator

The Abstract of the Week has provided nearly 300 abstracts regarding vestibular disorders for over 5 years now. Our goal is to bring you easy to read research to help you in your practice. Recently we started summarizing the previous month's abstracts in order to bring all the information together in a quick and easy to read format. We also hope to use these summaries to foster discussion about future Clinical Practice Guidelines.

In August, literature on Meniere's Disease (MD) was reviewed, particularly information regarding diagnosis. One study sought to compare subjects with familial Meniere's Disease to subjects with sporadic onset of the disease. It was found that subjects with familial MD were affected 5.6 years earlier and suffered from significantly longer spells of vertigo compared than sporadic patients to subjects with sporadic onset MD. The prevalence of rheumatoid arthritis and other autoimmune diseases was higher among the familial subjects, who also had more migraine and hearing impairment in their families. This abstract was part of a larger literature review looking at the genetics of Menieres Disease. The literature review sought to further the understanding and relationship of genetics in Menieres Disease (MD), and to see if in fact a relationship exists. To be diagnosed with definite MD, a patient must show two or more episodes of characteristic vertigo (each episode longer than 20 minutes), documented hearing loss (usually fluctuating low frequency sensorineural loss seen on serial audiograms), and presence of aural fullness and/or tinnitus in the affected ear. Other causes of vertigo must be excluded. Yet even with this criteria many studies include participants with only some of the factors listed.

MD pathology is still poorly understood but theories exist, many of which lend support to a genetic predisposition in patients with Meniere's disease.

- Up to 56% of all patients with MD have concomitant migraine. A genetic link has been shown in Menieres Disease.
- Elevated prevalence of systemic autoimmune diseases such as rheumatoid arthritis, systemic lupus erythematosus, and ankylosing spondylitis, exist in MD, suggesting an autoimmune mechanism.
- Women (56%) are more susceptible than men, with nearly identical age of onset for the disease.
- There is an ethnic bias in susceptibility to MD, with the disease being extremely rare in individuals of African ancestry, slightly more prevalent in those individuals of Asian ancestry. A significant disease burden is observed within native Latino American individuals but MD remains primarily a disease of Caucasians (83%)
- Siblings of MD patients display a 10-fold increased risk of developing the disease

Studies focusing on genomes of patients with MD have failed to identify an association with a specific gene. Many barriers exist in this area of research as MD is primarily an adult onset disease. What can be stated is that MD is a complex disease and likely the genetic factors in MD are also quite complex.

(References listed on page 10)

CALL FOR NOMINATIONS!!!

Get Involved with the Vestibular Rehab SIG

Lisa Dransfield, PT, DPT, NCS,
VR SIG Nominating Committee Chair

Physical therapists with a passion for promoting vestibular rehabilitation are encouraged to consider leadership opportunities in the Vestibular Special Interest Group of the Neurology Section of the APTA.



These are exciting times for those involved in vestibular research, academia, and patient care as great strides have been made in the management of patients with dizziness. Physical therapists are the practitioners of choice in the rehabilitation of patients with vestibular deficits and service opportunities in the Vestibular Special Interest Group can be rewarding personally and professionally. Come join your physical therapy colleagues in the pursuit of excellence as we collaborate to advance vestibular practice.

We have 2 positions available, Vice-Chair and Nominating Committee. Both require a 3 year commitment, and elections will be held in July, 2016. The Vice-Chair assists the Chair in all activities of the Special Interest Group and the Nominating Committee member prepares an annual slate of candidates for the open offices of the Special Interest Group. Elected leadership consists of the Chair, Vice-Chair, Secretary, and 3 Nominating Committee members.

Interested members of the Neurology Section are welcome to apply. For more information, please contact Lisa Dransfield at mld661@sbcglobal.net

CALL FOR NEWSLETTER ARTICLE WRITERS!!!

Do you want to get involved with your SIG?
Consider writing an article for the newsletter!!

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 or Debbie Struiksma PT, NCS at dstruiksma77@aol.com.

Join us for the
**Vestibular Rehabilitation SIG
 BUSINESS MEETING**

This year the SIG Business Meeting will be separate from any educational programming and must be held outside programming hours. The Neurology Section will be providing a light breakfast for the meeting.

The Business Meeting will be held on
Saturday, Feb 20th from 7:10am to 7:45am

**Join us for our business meeting at CSM
 for the chance to win one of many
 fantastic prizes including:**

- Optokinetic training stimulation DVDs (3)—donated by Marousa Pavlou
- Books
 - Vestibular Rehabilitation, 4th Edition, Editors--Herdman, Clendaniel, FA Davis
 - Balance Function Assessment and Management, 2nd Edition, Editors—Jacobson, Shepard. Donated by Neil Shepard. Publisher: Plural Publishing
 - Clinicians Guide to Balance and Dizziness, Editor—Charles Plishka (3)—donated by SLACK Inc.
- Follow the Expert for a day
 - Susan Whitney
 - Michael Schubert
- Balance Board
- Neuro Notes –FA Davis
- One-year VEDA Membership (2)
- Journal of Vestibular Research subscription
- VHI kits—Balance and Vestibular and Geriatric Kits (Visual Health Information)
- Vestibular and Balance Exercise DVD provided by PhysioTools Ltd
- APTA Learning Center certificate
- Micromedical Real Eyes IR Goggles

The Vestibular Rehabilitation SIG sincerely thanks all those who generously donated items for our Business Meeting Raffle giveaways!!

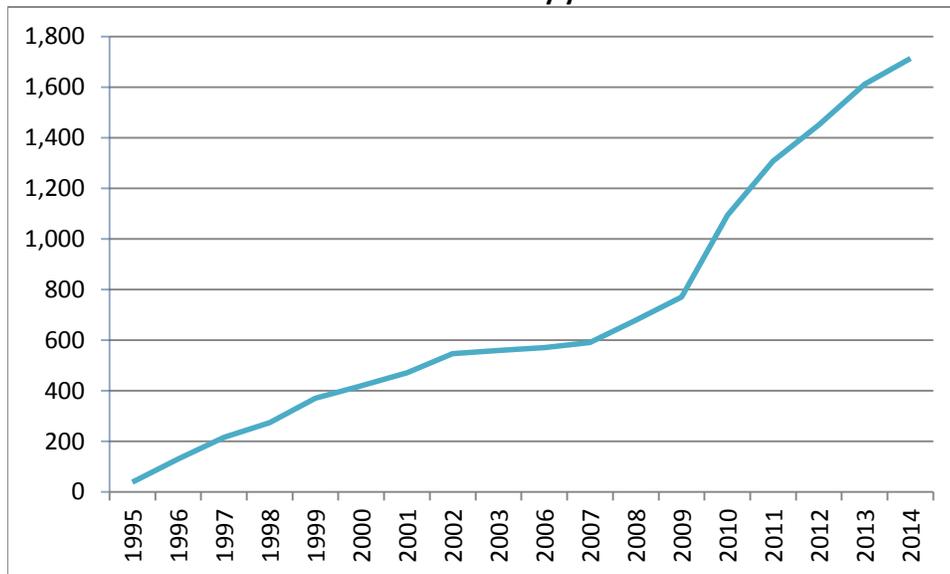


Message from the Chair

(Continued from page 1)

our efforts have helped to elevate the practice of vestibular rehabilitation by physical therapists. There are many individuals who contribute to our efforts and their work has helped us develop the multiple types of resources available through our website and weekly communications. We continue to assess how these efforts are being utilized and valued by our members so we can be responsive to the expanding

Number of Vestibular Rehab SIG members by year

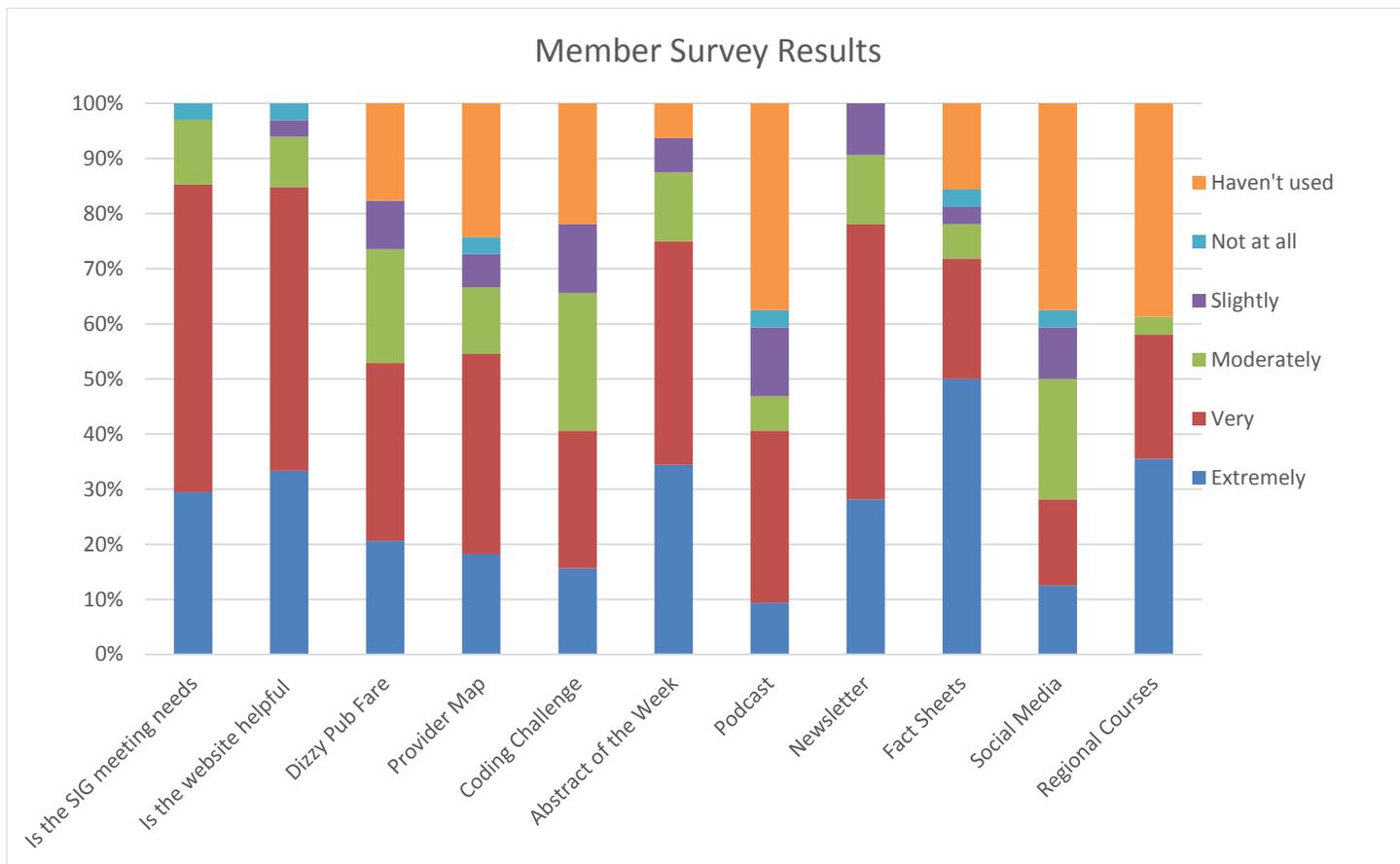


practice areas, e.g. pediatrics, concussion, and healthcare system changes and challenges.

This summer we invited members to participate in a survey to rate how well we are doing. Members were asked to rate if the SIG was meeting their needs and if resources and educational opportunities were helpful to their clinical practice. Our resources included our website, abstract of the week, dizzy pub fare, patient and physician fact sheets, podcasts, provider map, newsletter, social media, and regional educational courses. Unfortunately, the response was low with less than 2% of the membership completing the survey, so the results may not fully represent all of our members' views. Nevertheless, I would like to thank the members who did respond. What was clear from the results is that 85% of responders felt that the SIG is extremely or very helpful in meeting their needs. What is also clear, is that our resources are underutilization. Responders commented that they were often unaware of many of the resources and therefore they have not used them or did not find them helpful. Therefore, the SIG will be working to increase the awareness of our resources and will be featuring various resources on our webpage, in the abstract of the week and on social media over the coming months.

Every month I answer several emails from members asking how to get trained or what courses they should take to increase the knowledge and skill in VR. Therefore, it is amazing to realize that one of **the best free educational resources, our 28 podcasts**, are not being utilized more.

Message from the Chair (cont.)



The podcasts present knowledge and views of clinical experts covering a variety of topics in VR. Some of the topics include vestibular basics, pediatric vestibular rehabilitation, Persistent Postural-Perceptual Dizziness, cervicogenic dizziness and concussion. Rachel Trommelen and her podcast team are expanding the podcasts over the next few months to include case studies presentations that will discuss clinical decision making to apply VR to individuals in different diagnostic groups. Podcast 28 presents a unilateral vestibular hypofunction case study and the next podcast will discuss central vestibular case studies. **Check them out!**

<http://www.neuropt.org/special-interest-groups/vestibular-rehabilitation/podcasts>

We plan to culminate the 20th year of existence with a celebration at **CSM 2016 in Anaheim California**. This newsletter summarizes some of the upcoming CSM programming that may be of interest to our members. I would like to personally invite all members to attend **the VR SIG business meeting on Saturday Feb 20th from 7:10 to 7:45am** and/or the VR SIG table at the Myelin Melter Neurology Section Business meeting on Friday night. If you have never been to our business meeting, **it is the place to be!**

Message from the Chair (cont.)

In the last 2 CSMs we have had over 300 people attend our meeting. This forums allow us to share what we have been up to for the last year and get feedback and suggestion as to how we should move forward. This is important as our goal is to continue to have impact of the field of vestibular rehabilitation over the next 20 years and beyond. We also recognize the many contributions of our volunteers and feature our **VR SIG raffle**. Many of the items to be raffled are listed in this newsletter along with many, many thanks to individuals and organization that donate raffle items. I personally love the interaction that I have with members at CSM, who, like me, are excited to be a vestibular rehabilitation therapists. In encourage the members to look at our website and investigate the resources, then let us know how the VR SIG can further help your practice.

I hope to see you in Anaheim!



References from Abstract of the Week August Topic of the Month-- Meniere's Disease (Page 5):

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3. Radtke A, Lempert T, Gresty MA, et al. Migraine and Ménière's disease: is there a link? *Neurology*. 2002;59(11):1700-1704
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Congratulations to the Vestibular Rehabilitation SIG for 20 years of supporting the practice of vestibular physical therapy and having fun doing it

