



American Physical Therapy Association/Neurology Section

# Vestibular Rehabilitation SIG

Fall 2010

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## Vestibular Rehabilitation SIG Officers:

### Chair:

Susan L. Whitney,  
PT, PhD, DPT, NCS, ATC, FAPTA  
[whitney@pitt.edu](mailto:whitney@pitt.edu)

### Vice Chair:

Anne Galgon, PT, PhD, NCS  
[galgona@neumann.edu](mailto:galgona@neumann.edu)

### Secretary:

Michelle Lea Gutierrez, PT  
[mlgutierrez@zianet.com](mailto:mlgutierrez@zianet.com)

### Nominating Committee:

Debbie Struiksmma, PT, NCS  
[DStruiksmma77@aol.com](mailto:DStruiksmma77@aol.com)

Becky Olson-Kellogg, PT, DPT, GCS  
[olso0184@umn.edu](mailto:olso0184@umn.edu)

Melissa Bloom, PT  
[msbloom@gmail.com](mailto:msbloom@gmail.com)

### Newsletter Editors:

Elizabeth Grace Georgelos, PT, NCS  
[elizabeth.grace@uphs.upenn.edu](mailto:elizabeth.grace@uphs.upenn.edu)

Jeffrey Hoder, PT, DPT, NCS  
[Jhoder@emory.edu](mailto:Jhoder@emory.edu)

### SIG Practice Liaison:

Col. Kim Gottshall, PT, Ph.D  
[kim.gottshall@med.navy.mil](mailto:kim.gottshall@med.navy.mil)

### Web Master:

Laura Morris, PT, NCS  
[pfforbalance@gmail.com](mailto:pfforbalance@gmail.com)

## Message from the Chair

**Susan L. Whitney**  
Vestibular SIG Chair

We would like to congratulate Dr. Anne Galgon from Pennsylvania and Melissa Bloom from Georgia in welcoming them to the Vestibular SIG leadership team. Dr. Galgon has joined us as the new Vice Chair of the SIG and Ms. Bloom is our new member of the nominating committee. Welcome to both of them. I would also like to thank all those who were willing to serve and who ran in the recent election.

In addition to our new elected officers, Dr. Jeffrey Hoder and April Hodges have joined our team. Jeff is the new newsletter co-editor and April will be responsible for establishing a Facebook presence for the SIG. Jeff is located in Atlanta and April is from the Pacific Northwest. Shannon Hoffman from Saint Louis has been working for over a year now on physician fact sheets. We hope to have them available to our members by the next CSM meeting in New Orleans. It is a long and arduous process to get the fact sheets approved and Shannon is to be commended for her hard work.

Members of the SIG have been working on several new projects including the Facebook presence and the new "how to locate a vestibular PT" with the web map that Laura Morris and Janene Holmberg have been developing to try to make it easier for you to locate a PT for referral to another specialist. The Neurology Section is also sponsoring the first advanced vestibular course in San Diego, Pittsburgh and New Orleans over the next few

months. We hope to see many of you at one of the 2-day workshops in the near future. The vestibular patient fact sheets are available to anyone online. They have now been translated into Portuguese and Arabic and we are just completing having them translated into Spanish. We hope to create a link soon between the World Confederation of Physical Therapy page and our web page.

The Vestibular abstract of the week team continues to come up with monthly themes. Becky Olson-Kellogg has been posting all past abstracts of the week, so they are archived in case you would like to go back and find one of interest. Thanks go to Dr. Olson, Collin Grove, Mike Studer and Brady Whetten for all of their hard work. If you would like to receive the abstract of the week but are not, please contact Dr. Olson-Kellogg at [olso0184@umn.edu](mailto:olso0184@umn.edu) to get signed up to receive your abstract of the week.

Dr. Susan Herdman has agreed to work on an APTA project related to providing the latest evidence about BPPV to the membership as part of the APTA plan to develop up-to-date learning for physical therapists. In addition, the SIG provided a few fact sheets to APTA for their patient portal and we hope that the information becomes available when "branded" by APTA. We will keep you posted about when these materials can be used.

I had the pleasure of speaking at the APTA Insurance Summit in Washington, DC about BPPV. The group was very receptive and interested in the specifics about BPPV interventions. Hopefully this effort will assure that patients get the timely care that they deserve.

# Combined Sections Meeting 2011

## Vestibular SIG Programming Highlights

Anne Galgon, PT, PhD, NCS  
VR SIG Vice Chair

CSM is known for fantastic educational programming and even better socializing! If you haven't made it to CSM before, this is the year to start. If you have, we can't wait to see you again – and this year, we return to New Orleans. We hope you can join us!

*Here is a list of the 'don't miss' events for vestibular therapists.*

### Pre-conference course: Tuesday and Wednesday, February 8<sup>th</sup> & 9<sup>th</sup>

- **Expanding Neurologic Expertise: Advanced Practice in Vestibular Physical Therapy**
  - Course speakers—Rene' D Crumley, PT, DPT, NCS; Michael Furtado, PT, DPT, NCS, CBIS; Colin R Grove, PT, MS, NCS; Janet O Helminski, PT, PhD; Janene M Holmberg, DPT, NCS; Kristen M Johnson, PT, MS, NCS; Karen H Lambert MPT, NCS; Laura O Morris, PT, NCS; Anne Mucha, PT, MS, NCS; Michael C Schubert, PT, PhD; Susan L. Whitney, PT, DPT, PhD, NCS, ATC, FAPTA

### Vestibular SIG sponsored programming:

- **Friday, February 11<sup>th</sup>**
  - 4:00-5:00pm—Managing Vertiginous Migraine: Practical evidence-based care.
    - Speaker: Janene Holmberg, PT, DPT, NCS
  - 5:00-5:45pm—Vestibular SIG Business Meeting
    - The SIG leadership will present current and future efforts to support Vestibular Rehab therapists. **Fabulous Door Prizes** will be awarded!
- **Saturday, February 12<sup>th</sup>**
  - 1:00-2:45pm—Vestibular Roundtable Discussion—Interpretation of Vestibular Function Tests: Applications in Vestibular Rehabilitation
    - Speakers: Richard Clendaniel, PT, PhD; and Michael Shubert, PT, PhD; Patrick Sparto, PT, PhD

**Additional CSM 2011 programming is highlighted later in this newsletter—Keep reading for more educational opportunities!**



# Vestibular SIG Business Meeting Give Aways

The Vestibular SIG Board would like to **thank** the following companies and individual authors for their contributions to the CSM give-away. Each person who attends the business meeting will receive tickets for the free drawing at CSM. The meeting will be held Friday, February 11<sup>th</sup> from 4-5:45 PM. We have received the following contributions that will be distributed during the drawing at CSM:



## ❖ Video Goggles

InView video goggles donated by Micro Medical Technologies (<http://www.micromedical.com>)

## ❖ Exercise Cards

Two VHI balance and vestibular exercise kits (<http://www.vhikits.com>)



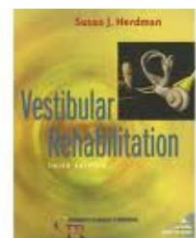
## ❖ Books

- Vestibular Function: Evaluation and Treatment by Alan Desmond
- Clinical Neurophysiology of the Vestibular System by Robert W. Baloh and Kevin A. Kerber (2 copies)
- Vestibular Disorders A Case-Study Approach to Diagnosis and Treatment by Joseph M. Furman, Stephen P. Cass and Susan L. Whitney (2 copies)
- Vestibular Rehabilitation by Susan J. Herdman (2 copies)
- BPPV DVD by Bernard Cohen, MD (2 copies)
- The BESTest DVD donated by Dr. Fay Horak
- Balance Function Assessment and Management by Gary Jacobson and Neil Shepard



## ❖ Journal Subscription

Personal online subscription to the Journal of Vestibular Research for one year



## 2010 Vestibular SIG Service Award

**Jeff Hoder, PT, DPT, NCS**  
**Vestibular SIG Newsletter Co-editor**

Congratulations to Dr. Susan J. Herdman, the 2010 recipient of the Vestibular SIG Service Award. The award acknowledges a member of the Vestibular SIG whose contributions have been exceptional. Dr. Herdman, the inaugural recipient of this award, is currently Professor in the Departments of Rehabilitation Medicine and Otolaryngology at Emory University in Atlanta, Georgia. She was the first chair of the Vestibular Special Interest Group of the Neurology Section of the APTA and has significantly contributed both to the Section and the field of vestibular rehabilitation.

Over the past 10 years, Dr. Herdman's scholarly activities have focused on three themes related to the recovery of individual's with vestibular dysfunction:

1. Examining treatment efficacy for patients with Benign Paroxysmal Positional Vertigo, or with vestibular hypofunction
2. developing new outcome measures for persons with vestibular hypofunction, specifically a measure of visual acuity during head movement
3. determining the factors that influence treatment outcomes for persons with unilateral and bilateral vestibular hypofunction.

Dr. Herdman lectures both nationally and internationally, and is both the director and founder of the APTA's competency based course related to Vestibular Rehabilitation.

We once again thank Dr. Herdman for her years of service to the SIG and for what she has contributed to the growth and development of the field of Vestibular Rehabilitation.

## 2010 Vestibular SIG Best Article Award

**Jeff Hoder, PT, DPT, NCS**  
**Vestibular SIG Newsletter Co-editor**

Congratulations to Dr. Michael Shubert on receiving the 2010 Vestibular SIG Best Article Award for his contribution, "**Oculomotor mechanisms utilized in daily life,**" published in the Fall 2009 newsletter.

Dr. Schubert completed his PhD at the University of Miami and is currently an Associate Professor at Johns Hopkins University. He was recently guest editor for the June 2010 Journal of Neurologic Physical Therapy's Vestibular Rehabilitation special issue.

His clinical focus is treating gaze and gait instability in people with loss of vestibular sensation. His current research investigates differences in motor learning in the vestibulo-ocular reflex using different

types of error signals. In addition, he is investigating whether the synergistic relationship between the vestibular and saccadic oculomotor systems can be entrained as a strategy for gaze stability.

His award-winning article on Oculomotor Mechanisms was the first in a three part series. The second installment, "**Clinical assessment of the Oculomotor Systems**", was published in the Spring 2010 Vestibular SIG newsletter. Keep an eye out for Part 3 of this series, focusing on Oculomotor treatment strategies, which will be published in the Spring 2011 edition of the Vestibular SIG newsletter.

We, again, thank and congratulate Dr. Shubert on his award!

# VR SIG Abstract of the Week

**Becky Olson-Kellogg, PT, DPT, GCS**  
**Nominating Committee &**  
**Chair of Abstract of the Week Committee**

The Vestibular Rehab SIG initiated the new “Abstract of the Week” program on January 13<sup>th</sup> of this year. Since then, through monthly “topic themes”, we have covered recent or foundational research on the following topics:

- UVH
- BVH
- BPPV
- Concussions
- VEMP's
- Self-management of dizziness & balance problems
- Anxiety & vestibular disorders
- Vestibular migraines

Our purpose in starting this project was to assist clinicians in the clinic stay up to date with research in the area of vestibular rehabilitation. One of our challenges is to select abstracts that appeal to a wide audience, as some of you are new to vestibular rehab, & some of you are experts with years of experience. We decided that the best approach to that dilemma is to provide some abstracts that will appeal to both groups (as well as to those with intermediate experience in the middle!). So, if some of the research abstracts are a little too much for you now, feel free to save them so you can refer back to them in the future. And, for those of you who are more experienced, thank you for your patience while we educate the new vestibular therapists.

One comment we have heard several times, including in our recent Membership Survey, is a request to provide the full text of the articles we share with you, instead of just the abstracts. We all agree that this is a great idea, but the problem is, we would be violating copyright laws.

If you are not able to obtain the full text through Pub Med, here are some additional options:

- If you work for a large employer, contact your supervisor to see if your employer has an avenue for you to obtain full text articles.
- If you work in a hospital, most all hospitals have medical libraries, some more extensive than others, depending upon the size of the hospital, & whether it is a teaching hospital. The medical librarian should be able to obtain full text articles for you (whether there will be a cost for that or not will be up to the hospital's policy).
- If you don't work in a hospital, you can often still use their medical library & either copy the article yourself, or request it electronically. (Again, cost will depend upon the library's policy.)
- Contact your alma mater PT school library, & ask what their policy is on graduates accessing articles from the library.
- Contact the PT Schools that you currently contract with for full-time clinical internships. They will often provide articles to clinicians as a thank you for taking their students.

Hopefully at least one of those avenues will help you to obtain the research articles you want & need to make your clinical practice with vestibular patients the best it can be.

I also want to thank the Abstract of the Week Committee members, who work hard behind the scenes to search out & select the abstracts that are shared with you each week: Colin Grove, PT, MS, NCS (University of Wisconsin Hospital & Clinics, Madison, WI), Mike Studer, PT, MHS, NCS, and Brady Whetten, PT, DPT (both at Northwest Rehabilitation Associates Inc., Salem, OR).

**Don't forget about PT 2011—  
 Annual Conference in  
 National Harbor, MD  
 June 8-11, 2011**



# Combined Sections Meeting 2011

## Neurology Section Programming Highlights

### Pre-conference course: Wednesday, February 9<sup>th</sup>

#### *Acute care Section*

8am-5pm—Identification and Intervention of Dizziness in the Acute Care Environment

Speakers: Michele Lynn Campeau, PT, DPT; Britta N Smith, PT, MMSc; Susan L Whitney, PT, DPT, PhD, NCS, ATC, FAPTA

### Thursday, February 10<sup>th</sup>

10:30am-12:15pm—Recipe for Success: Have We Identified the Active Ingredients for Effective Locomotor Rehabilitation?

Speakers: Andrea Behrman, PT, PhD, FAPTA; Daniel P. Ferris, PhD; T George Hornby, PT, PhD;Carolynn Patten, PT, PhD

12:30-2:00pm—An Evidence-Based Approach to the Identification and Screening of Balance for Patients with Cancer (Oncology Section)

Speakers: Min-Hui Huang, PT, PhD; Lucinda A Pfalzer, PT, PhD

2:30-4:00pm—An Evidence-Based Approach to the Examination and Intervention of Balance Disorders for Patients with Cancer (Oncology Section)

Speakers: Jennifer A. Blackwood, PT, MPT, GCS; Amy M. Yorke, PT, MPT, NCS

2:30-4:30pm—Using Virtual Reality and Games to Augment Physical Therapy Practice

Speakers: Benjamin Darter, PT, PhD; Sheryl M Flynn, PT, PhD; Jason M Wilken, MPT, PhD

2:30-4:15pm—Balance and Falls SIG Programming:

Evidence-Based physical therapy interventions to address balance deficits and prevent falls across all age groups and diagnoses

Speakers: Beth Norris, PT, PhD, OCS; Eilish Marie Byrne, PT, MSPT, PCS; Linda Csiza, PT, DSc, NCS; Herbert Isaac Karpatkin, DSc, NCS, MSCS; Cristina Ann Neuwirth, PT, MPT, OCS; Mary Thompson, PT, PhD, GCS

### Friday, February 11<sup>th</sup>

8:00-10:45am—Poor Balance Control: Evaluation and Treatment Based on Contributing Systems

Speakers: Fay Bahling Horak, PT, PhD; Laurie Anne King, PT, PhD; Beth Ann Smith, PT, DPT, PhD

4:00-5:45pm—Walking and Talking: Implications of Dual Task Balance and Walking Research for Physical Therapy Practice

Speakers: Valerie Elizabeth Kelly, PT, PhD; Karen McCulloch, PT, PhD, NCS; Anne Shumway-Cook, PT, PhD, FAPTA

1:00-3:45pm—Update on Interactive Gaming and Mobile Technology in Physical Therapy

Speakers: Judith E Deutsch, PT, PhD; Robert Latz, PT, DPT, GCFP; Steven G Wilkinson, PT, PhD

### Saturday, February 12<sup>th</sup>

8:00-10:00—Neurology Practice Issues Forum: Practice Based Evidence: What Is It and What Role Does It Play in Neurologic Physical Therapy?

Speakers: Heather Hayes, PT, DPT, NCS; Kathryn Mitchell, PT, DPT, NCS; Genevieve Pinto-Zipp, PT, EdD; Valerie R Teglia, PT, DPT, NCS; Ann Marie Williamson, PT, DPT, NCS

8:00-11:00am—Decreasing Fall Risk with Aquatic Therapeutic Exercise (Aquatic Therapy Section)

Speaker: Beth Scalone, PT, DPT, OCS

### **DIZZINESS TOPIC ALERT!!** **Orthopedic Section Programming**

8:00-11:00am—Cervical Pain and Cervicogenic Dizziness: Perspectives on Evaluation and Treatment

Speaker: Rob Landel, DPT, OCS

# Thank You's and Welcome's

## **Debbie Struiksma, PT, NCS VR Nominating Committee Chair**

The Vestibular Rehabilitation SIG would like to recognize Julie Tilson, PT, DPT, NCS for her work as SIG Vice Chair and Kenda Fuller PT, NCS for her work as Nominating Committee Chair. Both of them have completed their 3-year terms in office. We thank them for all of the hard work, time and dedication they gave to the SIG. Each of them were instrumental in development of resources that the Vestibular Rehabilitation SIG currently provides to its members. Thank you for all that you have done!

We would like to welcome our new Vestibular SIG officers. Anne Galgon, PT, PhD, NCS has been elected as Vice Chair and will continue on where Julie has left off in the development of the educational resources provided by the SIG, primarily the programming for CSM. Anne is currently an assistant professor in the physical therapy program at Neumann University, where she teaches several courses in the physical therapy neurology curriculum, including vestibular and balance rehabilitation.

She is a certified Neurology Clinical Specialist, has been certified in Vestibular Rehabilitation and practices at Moss Rehabilitation Hospital. In her spare time she enjoys biking and is a Phillies Phan. The SIG will benefit from Anne's extensive experience in developing educational programming for Vestibular Rehabilitation.

Melissa Bloom, PT has been elected as Nominating Committee member and will join the team in recruiting the future leadership of the SIG. Melissa works in Decatur, Georgia at an outpatient private clinic setting leading the Balance and Dizziness program within that company. She is certified in Vestibular Rehabilitation and is currently working on sitting for the NCS exam. She enjoys running and biking. Melissa is very excited to be part of the Nominating Committee and to do all that I can to help the Vestibular Rehabilitation SIG.

Welcome Anne and Melissa to the Vestibular Rehabilitation SIG Leadership Team. We look forward to your contribution!

## Call for nominations for the Vestibular Rehabilitation SIG Service Award

### **Michelle Gutierrez, PT, VR SIG Secretary**

Last year the VR SIG established the Vestibular SIG Service Award. That award went to Susan Herdman, who was the founding chair of this SIG. We are seeking a call for nominations for the 2011 award. If you know of someone who has worked hard to make this SIG a valuable resource, please send your nominations to Michelle Gutierrez at [mlgutierrez@zianet.com](mailto:mlgutierrez@zianet.com).

**Purpose:** To acknowledge and honor a member of the Vestibular Rehabilitation SIG whose contributions to the SIG have been of exceptional value.

**Eligibility Criteria - The individual must:**

- \* Be a current member of the Vestibular Rehabilitation SIG.
- \* Have participated actively in the Vestibular Rehabilitation SIG and given generously and willingly of their time and effort for a minimum of three years. Or have made a substantial contribution within a shorter period of time.
- \* Have demonstrated valuable service to the Vestibular Rehabilitation SIG through leadership, personal influence, achievements, or frequent and sustained work towards the development and enhancement of the Section.

## Call for Nominations!!

**Melissa Bloom, PT**  
**Vestibular SIG Nominating Committee**

Looking for a way to get more involved with the Vestibular Rehabilitation (VR) SIG? Serving as an officer is an excellent way to do so! The positions of SIG Chair and Nominating Committee member are up for election this year. Both positions serve as SIG leadership for a three-year term.

It is an exciting time to get involved with the SIG. We have recently taken on several new and exciting projects. In January we began sending out the "Abstract of the Week", weekly abstracts focusing on a different VR-related topic each month. In the upcoming months you should be able to become "Facebook friends" with the VR SIG, with our new Facebook page. Along the same lines, you may have noticed changes to our website, including an interactive Map of Providers. This is all thanks to people like you, who chose to get involved.

Meetings occur monthly in the form of conference calls. During these calls we discuss information affecting vestibular rehabilitation and the therapists who perform it. Past topics have included: billing, CPT codes, Medicare rules, current laws and research, patient/physician fact sheets, and new guidelines for BPPV. We also discuss how to make the VR SIG the most useful for our members.

If you are interested in running, or if you know someone you would like to nominate for one of these positions, email Melissa Bloom at [msbloom@gmail.com](mailto:msbloom@gmail.com), Debbie Struiksma at [DStruiksma77@aol.com](mailto:DStruiksma77@aol.com) or Becky Olson-Kellogg at [olso0184@umn.edu](mailto:olso0184@umn.edu) and we will email you an application. We look forward to hearing from you!

The SIG Chair is responsible for:

- Facilitating all meetings of the SIG and communicating with other SIG officers
- Representing the SIG at all section meetings, including the business meeting at the annual Combined Sections Meeting
- Preparing the annual budget and providing reports to the Neurology Section regarding SIG activities
- Serving as a liaison to other Sections and organizations
- Serving as a clinical resource to the Section in area of specialty
- Leads the SIG officers in developing and implementing the vision and yearly goals to better serve SIG membership

The Nominating Committee is responsible for:

- Preparing a slate of candidates for open SIG positions each year
- Helping to coordinate and facilitate the election process
- The senior member of the Committee serves as Chair of the Committee (the third year of service)

Both positions require that candidates have been Neurology Section members for at least two years prior to the election.

## VR SIG now on Facebook!



**April Hodge, PT**  
**VR SIG Communications Coordinator**

The Vestibular Rehab SIG is now on **Facebook!!** You can use Facebook to easily track what's new with the SIG.

To become a follower of the page, type in "Vestibular Rehab SIG" in your Facebook search engine and click "Like" once you get to the page. We hope this resource helps you stay up to date with the latest SIG information.

