

# **ADVANCED VESTIBULAR PHYSICAL THERAPIST CERTIFICATION 2023-2024**

Module 3

## **OBJECTIVES AND SCHEDULE**



University of  
**Pittsburgh**

Department of  
**Physical Therapy**  
School of Health and  
Rehabilitation Sciences

# OBJECTIVES

## **Advances in BPPV, PPPD, and other conditions associated with vestibular disorders**

1. Be able to identify the important concepts in the Benign Paroxysmal Positional Vertigo (BPPV) clinical practice guideline (CPG).
2. Be able to explain the incidence, risk factors, patient instructions, and the possible examination and treatment maneuvers for posterior, horizontal and anterior canal BPPV.
3. Be exposed to Dr. Zuma Mia's new maneuver for horizontal canal BPPV and other clinical hints in identifying and managing persons with BPPV.
4. Be exposed to the concept of superior/anterior canal BPPV and how to treat with the Yacovino maneuver.
5. Understand the psychiatric comorbidities that may complicate the care of the person living with vestibular disorders.
6. Understand the value of working with a psychiatrist or psychologist who has an interest in vestibular disorders plus the value of cognitive behavioral therapy.
7. Be able to recognize the signs and symptoms associated with Persistent Postural Perceptual Dizziness (PPPD).
8. Be able to design a PT exercise program for a person with PPPD with considerations of using cognitive behavioral techniques and motivational interviewing as part of the intervention.
9. Understand the relationship between cognition and vestibular function.
10. Be exposed to the psychiatric conditions that impact recovery in patients with vestibular disorders and introduce motivational interviewing techniques.
11. Gain a better understanding of the BPPV CPG and utilize its findings in practice.
12. Understand the relationship between vision and postural control and the role cognition, proprioception, and CNS functioning plays.
13. Be exposed to various physical therapy interventions utilizing optokinetic and virtual reality treatments to improve vestibular disorders.
14. Gain a better understanding of the role sleep plays in dizziness.
15. Be exposed to special consideration of the aging adult: what is different about an older adult's vestibular system anatomically and physiologically.
16. Be exposed to physical therapy special considerations in the treatment of older persons with vestibular disorder.

# SCHEDULE

**All times Eastern Standard Time**

## **January 6, 2024**

**8:00-8:25** Vision and Postural Control - Adolfo Bronstein, MD, PhD

**8:25-8:50** Optokinetic/Virtual Reality Treatment - Marousa Pavlou, PT, PhD

**8:50-9:15** Questions and Answers with Drs. Kaski and Pavlou

**9:15-9:30** Break

**9:30-10:15** Aging and Vestibular System - Brooke N. Klatt, DPT, PhD, NCS

**10:15-11:05** Cognition and Vestibular Disorders - Brooke N. Klatt, SPT, PhD, NCS

**11:05-11:30** Cases Integrating Perception and Care of Persons with a Vestibular Disorder - Colin Grove, DPT, PhD, NCS

**11:30-12:00** Questions and Answers with Drs. Klatt and Grove

**12:00-1:00** Lunch

**1:00-1:55** Psychiatric Contributions to Recovery, Including PPPD – Jeffrey P. Staab, MD

**1:55-2:40** Motivational Interviewing – Megan Kenney, OTR/L

**2:40-3:20** Persistent Postural Perceptual Dizziness: How to Treat - Janene Holmberg, DPT, NCS

**3:20-3:30** Break

**3:30-4:20** Functional Neurological Disorder with Cases– Julie Maggio, PT, DPT, NCS

**4:20-5:00** Questions and Answers with Drs. Staab, Holmberg, Maggio, and Megan Kenney

# SCHEDULE

**All times Eastern Standard Time**

## **January 7, 2024**

**8:00-8:30** BPPV CPG by the AAHNS - Janene Holmberg, DPT, NCS

**8:30-9:30** Posterior Canal BPPV Examination and Interventions - Susan Whitney, DPT, PhD, NCS, ATC, FAPTA

**9:30-9:45** Break

**9:45-10:25** BPPV from a South American Perspective - Francisco Carlos Zuma e Mia, MD, PhD

**10:25-10:50** Anterior Canal BPPV - Dario Yacovino, MD

**10:50-11:15** BPPV Case Studies - Susan Whitney, DPT, PhD, NCS, ATC, FAPTA

**11:15-12:00** Questions and Answers with Drs. Holmberg, Zuma e Mia, Yacovino, and Whitney

**12:00-12:30** Lunch

**12:30-1:30** Physical Therapy BPPV Forum (Whitney, Holmberg, Schubert and Clendaniel)

**January 16, 2024 (7 PM)** BPPV Updates - Susan L. Whitney, DPT, PhD, NCS, ATC, FAPTA

**January 23, 2024 (7 PM)** Sleep and Dizziness - Ryan Soose, MD

**January 30, 2024 (7PM)** Special Physical Therapy Considerations for the Older Adult with Vestibular Disorders - Susan L. Whitney, DPT, PhD, NCS, ATC, FAPTA