

# Vestibular Rehabilitation SIG

American Physical Therapy Association/Neurology Section

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## Message from the Chair

**Susan L. Whitney, PT, PhD, NCS, ATC, FAPTA  
Vestibular SIG Chair**

It is such a pleasure to have been re-elected to serve as your Vestibular SIG chair. I have the privilege to work with a very talented and hard working group of people. The Vestibular SIG continues to move forward with new ways to help the members. Over the past quarter, we have added the newest references of the month by Dr. Matt Scherer. This service was called the “pub crawler” now the Dizzy Pub Fare. Dr. Scherer’s references and links to the abstracts are being announced on the “Abstract of the week” blast and also on the Facebook page. They are a mix of clinical and basic science studies that have the potential to improve your practice.

Another exciting effort of the Vestibular SIG is our reaching out to the new Neurological Special Interest group of WCPT. Chuck Plishka has been responsible with developing the liaison at WCPT. In addition, he is attempting to solidify our link to the Barany Society, which is the only international interdisciplinary vestibular association whose goal is to improve research and clinical practice for persons living with vestibular dysfunction.

Rachel Trommlenson has investigated the technology to produce the first pod cast of the SIG. The topic was special considerations of treating the child or adult with a history or migraine.

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### **Vestibular Rehabilitation SIG Officers:**

<b>Chair:</b>	Susan L. Whitney, PT, PhD, DPT, NCS, ATC, FAPTA <a href="mailto:whitney@pitt.edu">whitney@pitt.edu</a>
<b>Vice Chair:</b>	Anne Galgon, PT, PhD, NCS <a href="mailto:galgona@neumann.edu">galgona@neumann.edu</a>
<b>Secretary:</b>	Michelle Lea Gutierrez, PT <a href="mailto:mlgutierrez@zianet.com">mlgutierrez@zianet.com</a>
<b>Nominating Committee:</b>	Becky Olson-Kellogg, PT, DPT, GCS <a href="mailto:olso0184@umn.edu">olso0184@umn.edu</a> Melissa Bloom, PT <a href="mailto:msbloom@gmail.com">msbloom@gmail.com</a> Jennifer Nash, PT, DPT, NCS <a href="mailto:jennifer.nash@tun.touro.edu">jennifer.nash@tun.touro.edu</a>
<b>Newsletter Editors:</b>	Elizabeth Grace Georgelos, PT, NCS <a href="mailto:elizabeth.grace@uphs.upenn.edu">elizabeth.grace@uphs.upenn.edu</a> Jeffrey Hoder, PT, DPT, NCS <a href="mailto:jhoder@emory.edu">jhoder@emory.edu</a>
<b>SIG Practice Liaison:</b>	Col. Kim Gottshall, PT, Ph.D <a href="mailto:kim.gottshall@med.navy.mil">kim.gottshall@med.navy.mil</a>
<b>Web Master:</b>	Laura Morris, PT, NCS <a href="mailto:ptforbalance@gmail.com">ptforbalance@gmail.com</a>
<b>Podcast Coordinator:</b>	Rachel Trommlen, PT, DPT, NCS <a href="mailto:rtromm@lsuhsc.edu">rtromm@lsuhsc.edu</a>
<b>Social Media Coordinator</b>	April Hodge, PT <a href="mailto:aprillax@yahoo.com">aprillax@yahoo.com</a>
<b>International Relations Coord:</b>	Charles Plishka, PT, DPT <a href="mailto:info@posturebalance.com">info@posturebalance.com</a>
<b>New Member Welcome:</b>	Lexi Miles, MPT <a href="mailto:lmiles@mcw.edu">lmiles@mcw.edu</a>
<b>Abstract of the week:</b>	Becky Olson-Kellogg, PT, DPT, GCS; Marc Broberg, MS, PT; Sara Oxborough, MS, PT; Mike Studer, PT, MHS, NCS; Brady Whetten, PT, DPT

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

# Combined Sections Meeting 2012

## Vestibular SIG Programming Preview

**Anne Galgon, PT, PhD, NCS**  
**Vestibular SIG Vice Chair**



In February 2012, CSM will preside in Chicago. Do you need a reason to go? The Vestibular SIG has many. Meet clinicians that have your interest in mind. Find out more about how the vestibular SIG is providing resources and information to serve your clinical practice. Participate in presentations that bring current and practical topics about vestibular rehabilitation. We are excited to share our clinical experiences with you. Make your plans to attend. Put these exciting programming highlights on your calendar.

### **1-day Pre-conference course: Wednesday**

- **The role of PT in the evaluation and management of persons following sports concussion**
  - Course speakers— Susan L. Whitney, PT, DPT, PhD, NCS, ATC, FAPTA; Anne Mucha, PT, MS, NCS; Dana Hinderliter, PT, Michael Collins, PhD

Effective management of concussions employs a multidisciplinary team approach. The role of the physical therapist as a member of the core team is evolving. Due to the prevalence of ongoing balance dysfunction along with symptoms of dizziness, motion sensitivity, and deconditioning following this brain injury, physical therapists are uniquely qualified to intervene. This 1-day course will provide an overview of the most recent evidence related to post-concussive disorders. The team approach to evaluation and management of patients will be presented. Case studies will illustrate physical therapy intervention along with neuropsychological and medical management.

### **Vestibular SIG sponsored programming:**

*Thursday: 3:30- 5:00pm*

#### **The Use of Optokinetic Stimulation in Vestibular Rehabilitation**

Speaker: Marousa Pavlou, PT, PhD.



Dr. Pavlov will focus on how to transfer OKS from a research setting to a clinical setting. She will include: assessment of space and motion discomfort symptoms; low-tech OKS devices for clinical practice; and incorporating and progressing OKS exposure within a vestibular rehabilitation program.

This session will be followed by the Vestibular SIG business meeting, Come and meet our leadership and find out how the SIG is serving our membership to promote vestibular rehabilitation across our country and internationally.

*Friday, 8:00-10:00 am*

#### **Balance/Falls and Vestibular SIGs: Vestibular and Balance Hi-Tech Gadget Show Case: Are we critically appraising technology ....**

Speakers: Anne K. Galgon, PT, MSPT, PhD, Jeffrey M. Hoder, PT, DPT, Julie K. Tilson, PT, DPT, MS, NCS, Steven Allred, MPT, MBA, Rene' D. Crumley, PT, DPT, NCS, Cecelia Griffith, PT, DPT

In this session the presenters will discuss integrating technology into clinical practice designed for postural control, gait, and visual/vestibular integration. A framework for evaluating technology for clinical utility will be presented and the participants will be guided through questions for critically evaluating the clinical utility of hi-tech devices in vestibular and balance rehabilitation.

# Combined Sections Meeting 2012

## Vestibular SIG Programming Preview



*Friday 3:30 – 5:00pm*

### **Brain Injury SIG: Concussion Management in the Adolescent Athlete**

Speakers: Anne Mucha, PT, MS, NCS and Sean Learish, PT, MPT

If you missed the pre-conference on concussion, Anne and Sean will present a shorter session using a clinical case to highlight the most recent evidence surrounding concussion diagnosis and management in young people and will illustrate how the adolescent athlete is managed via an interdisciplinary approach within the University of Pittsburgh Medical Center Sports Concussion Program

*Saturday 8:00 – 10:00am*

### **Advances in the Assessment and Rehabilitation of Patients with a Peripheral Vestibular Disorder**

Speaker Marousa Pavlou, PT, PhD, MCPS

Dr. Pavlou will provide further insight into factors affecting recovery in individuals with peripheral vestibular disorders. She will share her research with these individuals in relationship to balance strategies during walking in urban environments, to neuropsychological testing, dual task ability in complex environments and management of space and motion disorders. The potential impact of these findings on the future management intervention strategies for patients with a peripheral vestibular disorder will be discussed.

*Saturday 3:30 pm–5:30 pm*

### **Differential Diagnosis and Management of Atypical Benign Paroxysmal Positional Vertigo**

Speakers: Janet O. Helminski, PT, PhD, Kathy D. Hall, PT, EdD, Timothy C. Hain, MD.



This is a great opportunity to hear from these experts practicing in the Chicago area. They will present the process of differential diagnosis for BPPV based on history and findings from positional testing with the use of oculography. Fluid dynamics and anatomical alignment of the canals and computer simulations will serve as the foundation for the interpretation of nystagmus and the differential diagnosis and treatment of typical and atypical BPPV. The differential diagnostic process and treatment will be illustrated with the use of cases and digital oculography recordings.

Do you have interests that are not being presented at our professional meetings? What do you want to learn more about? The Vestibular SIG wants to keep bringing interesting programming in the future. Send your ideas to the Vestibular SIG vice chair, Anne Galgon at [anne.galgon@temple.edu](mailto:anne.galgon@temple.edu). We look forward from hearing from you.



## VR SIG—Call for Nominations



**Melissa Bloom, PT, DPT, NCS**  
**VR SIG Nominating Committee**

If you are looking for a way to get more involved, serving as VR SIG officer is a great way to do so. The positions of Secretary and member of the Nominating Committee are up for election this year. We currently have 2 candidates for the Nominating Committee position and one candidate for the Secretary position. We are especially looking for at least one more candidate for Secretary; however we warmly welcome all volunteers for either position.

Volunteering as VR SIG officer is an excellent opportunity to get involved in the APTA leadership and to grow as a clinician. It is an exciting time to get involved with the SIG as we have taken on several new projects recently. In the upcoming year we will be working on VR-specific podcasts.

Meetings occur monthly in the form of one-hour conference calls. During these calls we discuss information affecting vestibular rehabilitation and the therapists who perform it. Past topics have included: billing, Medicare rules, current laws and research, patient/physician fact sheets, the International Neurological Physical Therapy Association, CSM program planning, and new guidelines for clinical practice. We also work to make the VR SIG the most useful for our members.

The SIG Secretary is responsible for:

- Maintaining records of all SIG meetings and conference calls
- Submits minutes of all SIG meetings to SIG officers and the Executive Officer
- Attends the SIG meeting with the section Vice President at CSM
- Assists the Chair in preparation and submission of a yearly plan for the SIG to the Board of Directors
- Coordinates updating of Policy and Procedures Manual with the Vice President of the Neurology Section



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. Each position serves as SIG leadership for a three-year term.

If you are interested in running, or if you know someone you would like to nominate, for one of these positions, contact any member of the nominating committee and we will send you an application. We look forward to hearing from you!

Becky Olson-Kellogg [olso0184@umn.edu](mailto:olso0184@umn.edu)    Melissa Bloom [msbloom@gmail.com](mailto:msbloom@gmail.com)    Jen Nash [Jennifer.nash@tun.touro.edu](mailto:Jennifer.nash@tun.touro.edu)

## Vestibular Rehab SIG on Facebook!



**April Hodge, PT, DPT, NCS**  
**Social Media Coordinator**

The Vestibular Rehab SIG is excited to have a page on Facebook for over 1 year. We currently have 70 fans and are always looking for more interest. Our page can keep members up-to-date on current events related to the SIG, involve members in discussions, and relay information related to CSM 2012 in Chicago. If you are a member of Facebook, there is no reason you should not "Like" the Vestibular Rehab SIG. Simply search the Vestibular Rehab SIG in the search engine on Facebook and click on the "Like" button on the top of the page. Please note: all your information will remain anonymous. Thank you for your interest and participation in the Vestibular Rehab SIG on Facebook!

## Message from the Chair

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Drs. Gottshall (San Diego Naval Medical Center), Holmberg (Intermountain Health Services, Salt Lake City, UT), and Whitney (University of Pittsburgh, Department of Physical Therapy and the Centers for Rehab Services) all participated. Rachel has plans to develop pod casts that complement the themes for the abstract of the week. There will also be “special” topics of interest that will be posted. Keep an eye out for the announcements on the abstract of the week for new things from the SIG.

Laura Morris has joined the Neurology Section’s Communications committee, which has helped our SIG to be able to post and get our information approved more quickly. Laura serves us well as our webmaster. She and Dr. Holmberg spent a great deal of time making the interactive “Find a vestibular PT” map work efficiently.

Our Facebook page continues to get more action. It was slow going initially but April Hodges has been trying to make the conversation group on the site. We have been trying to start vestibular conversations both on the neuro list serve and also on Facebook in order to meet members’ communication needs.

We have been soliciting prizes for our CSM business meeting again. Micromedical Technologies has agreed to donate a new pair of infrared goggles for our give-a-away and we have over 10 books and exercises cards from VHI exercise kits plus a DVD from Dr. Horak about her BESTest. We have also received a free subscription to the Journal of Vestibular Research for one year. Thanks to all who have made contributions to date. We hope to come up with more gifts before CSM but they come to the SIG with no cost.

We are planning a fun meeting again with scrolling pictures at the beginning of the meeting to recognize members who have made a contribution over the last year. It takes many people to run your SIG. Presently we have at least 13-14 people on each monthly call. These talented volunteers are the core group that moves the SIG forward. There are many additional SIG members who are very involved in projects to improve patient care plus to ensure that we get paid for our services that make the cogs in our wheels move forward.

Dr. Gottshall is currently working with the APTA Department of Practice to ensure that the new CPT code for BPPV is being universally implemented and paid by insurers. She has been gathering information about denials for the CPT code and is sharing the information with APTA. If treating someone over the age of 65 or a younger person covered by Medicare, one must bill for the untimed BPPV CPT code in order to be in compliance. It is difficult financially at times as the untimed code does not always reflect how much time one needs to spend with the patient if they have special considerations such as stiffness, bilateral disease, are very old/frail, or other complicating factors that would affect the length of time needed to adequately treat the person. It can be challenging.

Your Vestibular SIG team is capable and efficient. Each member of the team has specific responsibilities and executes them well. We have monthly conference calls and often have short communications between meetings to keep the SIG moving forward. It is such a pleasure to work with members who love what they do and are willing to share their passion and knowledge with others.

I hope that you will be able to attend CSM in Chicago. Dr. Galgon has prepared a very interesting educational program for our SIG members that I think that you will enjoy. Also, be prepared to bundle up so that you can enjoy all that Chicago has to offer. It is a wonderful city with great entertainment and food. You will hear everything from the newest information about dizziness and concussion, visually induced vertigo, and the latest in technology that could be used to enhance your practice plus much more. Look for the posters, as there is more time to view them this year too.

### Register NOW and save!

For for CSM 2012—Early Bird Deadline is December 9<sup>th</sup>.

*Don't Delay!!*

<http://www.apta.org/CSM>



## 2012 Vestibular Rehabilitation SIG Business Meeting Give-Aways

Join us at the Vestibular Rehabilitation SIG Business Meeting at CSM 2012 in Chicago on Thursday, February 9th from 3:30-5:00pm after our SIG-sponsored programming. Each person who attends the business meeting will receive tickets for the free drawings for several fantastic prizes.

We would like to **thank** the following companies and individual authors for their generous contributions that we have received to date for this drawing at CSM:

👂 MicroMedical Technologies for the Micromedical InView Goggles.  
(<http://www.micromedical.com>)



👂 Visual Health Information for the balance and vestibular VHI kits.  
(<http://www.vhikits.com>)

👂 Fay Horak for the BESTest DVD.

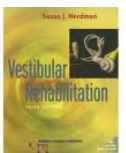
👂 IOS Press for the one year online subscription of Journal of Vestibular Research.

👂 Plural Publishing, Inc. and Gary Jacobson for the book "Balance Function Assessment and Management". ([http://www.pluralpublishing.com/publication\\_bfaam.htm](http://www.pluralpublishing.com/publication_bfaam.htm))

👂 Alan Desmond for the second edition of the book "Vestibular Function: Evaluation and Treatment".

👂 Oxford University Press for the three books "Vestibular Disorders: A case study approach to diagnosis and Treatment 3rd Ed" by Furman, Cass, and Whitney, "Neurology of Eye Movements, Third Volume" by Leigh and Zee and "Clinical Neurophysiology of the Vestibular System 4th Ed" by Baloh and Kerber.

👂 Susan Herdman for 2 copies of the book "Vestibular Rehabilitation, 3rd Edition"



## What's new in the Vestibular SIG??

The Vestibular SIG has introduced a number of new initiatives for our members recently. Check out our website for details on all these new resources:

- ⇒ Patient and Physician Fact sheets
- ⇒ Abstract of the Week
- ⇒ Dizzy Pub Fare
- ⇒ Podcasts

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

## 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 @ [ELIZABETH.GRACE@UPHS.UPENN.EDU](mailto:ELIZABETH.GRACE@UPHS.UPENN.EDU) OR JEFF HODER AT

## Looking ahead...



CSM 2013 February 20-23, 2013 – Nashville, Tennessee

PT 2013 June 26-29, 2013 – Salt Lake City, Utah

CSM 2014 February 3-6, 2014 – Las Vegas, Nevada --- CSM 2015 February 4-7, 2015 – Indianapolis, Indiana

***We hope you can join us for some or all of the upcoming APTA conferences!!***