



# Vestibular, Balance and Falls SIG

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## VB&F SIG Officers:

**Chair:**  
**Denise Gobert, PT, PhD**  
d.gobert@alumni.utexas.net

**Vice Chair:**  
**Diane Wrisley, PT, PhD, NCS**  
dwrisley@buffalo.edu

**Kris Legters, PT, DSc, NCS**  
legters001@gannon.edu

**Secretary:**  
**Michelle Gutierrez, PT**  
mlgutierrez@zianet.com

**Nominating Committee:**  
**Laura Morris, PT, NCS**  
morrисло@upmc.edu

**Danielle Nightshade, PT**  
nelle0417@hotmail.com

**Elizabeth L. Grace, PT, NCS**  
Elizabeth.grace@uphs.upenn.edu

**Lisa Selby-Silverstein, PT, PhD, NCS**  
lisass2@comcast.net

**Robert Wellmon, PT, PhD, NCS**  
wellmon@comcast.net

**Newsletter Co-Editors:**  
**Sharan Zirges, PT, CWS**  
sharan.zirges@gentiva.com

**Annamarie Asher, PT**  
asher@umich.edu

## Moving toward CSM 2006

By Denise Gobert, PT, PhD  
VB&F SIG Chair

The Vestibular, Balance & Falls (VB&F) SIG operates within the APTA Neurology Section as a nationally based resource for the rehabilitation specialists who desire to advance physical therapy practice paradigms that optimize proper care of patients with vestibular or balance impairments.

Current trends include new opportunities in education, clinical practice and research for physical therapy collaboration with other clinical specialists such as gerontologists, neurologists, ENT specialists, optometrists, audiologists and even psychologists.

Therefore, the VB&F SIG operates as a supportive information media using newsletters, programming at the CSM annual meetings, and web page resources that represent the interests of the physical therapist in various practice settings.

As a national advocate we hope to promote the physical therapist as the clinical team "specialist of

choice," trained to assess and treat movement disorders specific to vestibular or balance dysfunction.

In setting the stage for the upcoming 2006 Combined Sections Meeting, this issue of the SIG newsletter includes important updates about SIG operations and the exciting CSM program planned with your interests in mind.

Looking forward to seeing you at CSM in San Diego! ♦



"Toleration is the greatest gift of the mind; it requires the same effort of the brain that it takes to balance oneself on a bicycle."

*Helen Keller*

# Balance and Falls SIG Update

Kris Legters, PT, DSc, NCS  
VB&F Vice Chair

The establishment of an independent Neurology Section Balance and Falls SIG continues to move forward.

A blast email sent out to all Neurology Section members resulted in an overwhelming response of more than 100 members indicating support for this SIG, with 50 individuals offering their assistance with activities of the SIG.

We have acquired space and time for a strategic planning session at CSM 2006 on

Thursday evening.

The intent of that meeting will be to formalize a plan to move the SIG forward to the Executive Board, with consensus on an identified mission, goals, and organizational structure.

In the upcoming months prior to CSM, follow-up communication will occur with those who expressed interest in assisting with the SIG.

It is our intent to foster this interest, to then determine those interested in committee involvement, officer positions, educational offerings, etc.

We will be working on

clarifying the goals of this potential SIG, such as involvement in the Falls Free Coalition, educational needs of the membership, research interests, and cooperative relationships with Neurology Section SIGs and the Geriatrics Section.

Please plan to attend the planning session at CSM, if you are interested.

If you are not attending CSM and wish to be involved in this effort, please email Kris Legters at [legters001@gannon.edu](mailto:legters001@gannon.edu). ♦

## Nominating Committee Position Open

It is that time of year again - to recruit candidates to serve in the VB&F SIG. We have one position open for 2006, Nominating Committee.

Being involved in SIG leadership is a great way to work with your peers in making a positive impact on the profession and supporting the membership of the VB&F SIG and Neurology Section.

We continue our work as a SIG defining ourselves, as clinicians and our role in the profession.

The Nominating Committee position offers a three-year term and includes participation as an active officer of the VB&F SIG.

The primary responsibility of this committee is to assist in gathering and submitting a slate of qualified candidates from the membership to the

Neurology Section Nominating Committee Chair.

As an officer on the Nominating Committee, you will have an opportunity to get to know many people in the VB&F SIG, Neurology Section, and APTA during the search for new candidates.

This is a wonderful networking opportunity. You will also gain valuable insight into the other SIG and Section leadership positions, possibly preparing you for future involvement.

For all positions, attendance at CSM SIG, Section, and officers meetings is requested, as well as participation in scheduled VB&F SIG officer conference calls.

If you are interested in this position or in becoming a future officer of the VB&F SIG, contact Laura Morris, Danielle Nightshade, or Betsy Grace for more information. ♦

"Anyone whose goal is 'something higher' must expect someday to suffer vertigo. What is vertigo? Fear of falling? No, vertigo is something other than fear of falling. It is the voice of the emptiness below us which tempts and lures us, it is the desire to fall, against which, terrified, we defend ourselves."

*Milan Kundera, The Unbearable Lightness of Being*

# Educational Opportunities at the APTA's 2006 CSM

APTA's Combined Section Meeting 2006 will be held Feb. 1-5, 2006 in San Diego, Calif.

The Vestibular Special Interest Group and the Neurology Section have planned programming that promises to be stimulating and relevant to current practice.

Please visit the website at <http://www.apta.org> for more details.

Educational session handouts for CSM 2005 will be available beginning Wednesday, Jan. 18.

Handouts will only be available electronically and only to conference registrants using an access code found in the confirmation letter and onsite program.

VB&F SIG members may be especially interested in the following programming:

- Thursday, Feb. 2 - Understanding Adaptation: Why Should Clinicians Care? Amy Bastian, Pt, PhD, JoAnn Kluzik, PT, PhD, PCS, Anne Shumway-Cook, PT, PhD
- Friday, Feb. 3 - Best of III Step: Implications for Neurologic Practice. Andrea Behrman, PT, PhD, Kathy Gill-Body, PT, DPT, MS, NCS, Darcy Umphred, PT, PhD.

- Friday, Feb. 3 - Understanding Sensory Dysfunction: Evidenced Based Evaluation, Retraining, and Mechanisms of Recovery. D. Michele Brasso, PT, EdD, Nancy Byl, PT, PhD, FAPTA, Deborah Nichols-Larson, PT, PhD.
- Saturday, Feb. 4 - Mild Brain Injury and Dizziness. Laura O. Morris, PT, NCS.

The VB&F SIG is pleased to be sponsoring 4 programs at CSM: one combined with a short business meeting and three round table discussions.

The VB&F SIG Meeting will be Friday, Feb. 3 at 4:30-6:00 pm. The topic will be: Evaluation and Management of the Dizzy Patient – A Team Approach.

The team approach to the patient with post-traumatic dizziness will be presented by a physical therapist, neuro-otologist team. Diagnosis, classification, management, and prognosis will be discussed.

The key roles of each team member will be stressed and emphasis will be made on the need for these patients to be managed by a truly interdisciplinary team.

Specific rehabilitation techniques relevant to patients with post-traumatic dizziness will be presented.

The meeting's facilitators will be Michael E. Hoffer MD, and Army Col. Kim R. Gottshall, PT, PhD, ATC, Navy Medical Center San Diego, Calif.

The VB&F SIG Round tables will be Saturday, Feb. 4 from 3:00-5:00pm.

The first topic will be the Dos and Don'ts of Migrainous Vertigo, facilitated by Colin Grove, PT, MS, NCS.

Participants can share current practice ideas for evaluating and treating migrainous vertigo and discuss the future direction of research.

The second will be Coding, Reimbursement, and Payment Policy Challenges in Vestibular Rehab, facilitated by Helene Fearon, PT.

Participants can share recent challenges in vestibular reimbursement and strategize how to address upcoming issues.

The third will be Bubbles, Balloons, and PVC: Getting creative with balance treatment, facilitated by Cecilia Griffith, PT, DPT.

Participants can share creative ideas on treating patients with balance dysfunction. ♦