



Vestibular Rehabilitation for Aging Adults

Training is intended for PTs, PTAs, OTs, OTAs,
Sponsored by Ensign Services, Inc. and open to all Ensign Affiliated Therapists

Course Overview: The purpose of this course is to educate occupational and physical therapists to Vestibular rehabilitation for aging adults. Specifics will address major vestibular physiological and functional reasons, examination and treatment management strategies for people in skilled nursing facility.

Course Objectives: At the end of this course Students will be able to:

1. Perform a comprehensive vestibular examination of aging adults with consideration for history, current and past, red and yellow flags, safety, vision, sensory, balance and function.
2. Identify and differentiate between peripheral vs. central vestibular function.
3. Create a plan of care and goals to progress patients vestibular functioning with a rationale to support progression.

Time Schedule and Program Content: course begins promptly at 8:30am MST

8:30 am Introduction & anatomy and physiology of vestibular dysfunction in aging adults

9:00 am Functional consequences of Vestibular dysfunction

9:30 am break

9:45 am Vestibular examination in aging adults

- History
- Differential diagnosis Peripheral vs. Central: Red and yellow flags
- Balance testing and interpretation
- Functional testing

11:00 am Treatment planning for aging adults with vestibular dysfunction:

- Eye head coordination and Gaze stabilization
- Peripheral vs. Central
- Habituation Techniques
- Balance and Gait

12 noon lunch – 30 minutes

12:30 pm Treatment planning for aging adults with vestibular dysfunction continued

2:30 pm break

2:45 pm Treatment planning: case study series

4:30 pm Wrap up Q&A

Instruction will consist of handouts, power point, case studies, demonstration- You will be required to attend the entire course and pass a post test for CEUs.

This will be a live in person course – You must preregister at BuildingTherapyLeaders.com **Registration Closes June 20th, 2023**

Training Date June 24th, 2023 – **DoubleTree by Hilton San Antonio Airport * 611 NW Loop 410 * San Antonio TX 78216**

Earn 7 CCUs/.7 CEUs - You must attend all portions of the course for CCU/CEUs

Material is basic or introductory level

Instructor: Ann Newstead, PT, DPT, PhD, GCS, NCS, CEEAA

Dr. Newstead who is American Physical Therapy board certified in Geriatrics and Neurological Physical Therapist (through 2025). She received her Vestibular Rehabilitation Certification (2008) and APTA Certified Exercise Expert in Aging Adults (2011). Dr. Newstead has been a Physical Therapist since 1979.

Dr. Newstead has worked in rehabilitation inpatient, outpatient, research, educational, and home health settings, participated in clinical or didactic faculty positions (1992 – 2016). She retired from UT Health Science Center in 2010. She opened her own practice, AHNew Physical Therapy in 2017, with a focus on aging adults who has challenges with balance and walking (2017-present).