



2023 FALL CONFERENCE

OCTOBER 14-15, 2023

SPINNING BEYOND BASICS: BALANCE TRAINING AND CURRENT CONCEPTS IN VESTIBULAR REHABILITATION

SPEAKERS

LEE DIBBLE, PT, PhD, ATC, FAPTA

JIM BALLARD, PT, DPT

BOARD-CERTIFIED CLINICAL SPECIALIST IN GERIATRIC AND WOMEN'S HEALTH PHYSICAL THERAPY

A TOTAL OF 14 CONTACT HOURS

COURSE DESCRIPTION

This course will integrate anatomical and physiologic principles with clinical examination and treatment ideas. The content is broad and includes topics related to diagnosing and treating the most common vestibular disorders, including, peripheral and central vestibular pathophysiology.

1. We will ask the participants to pair up for lab skills. If we have uneven numbers of people or equipment, then a few can form a group.
2. We will have two tables available for the instructors to demonstrate and the participants to practice the BPPV diagnosis and treatment portions of the lab.
3. We enjoy teaching in an interactive environment, so participants are encouraged to ask questions.

OBJECTIVES

Upon completion of this course, participants will:

1. Understand the role of the vestibular system in gaze and gait stability.
2. Perform an oculomotor examination.
3. Identify pathological eye movement implicating the oculomotor and vestibular systems.
4. Perform clinical skills to treat positional vertigo.

ABOUT THE SPEAKERS



Lee Dibble, PT, PhD, ATC, FAPTA, is currently Department Chair and a Professor within the Department of Physical Therapy and Athletic Training at the University of Utah. After receiving his PT degree from Duke University, he earned a PhD from the University of Utah with a focus on Motor Learning and Motor Control. For the past 20 years, Dr. Dibble has co-directed the University of Utah Balance and Mobility Clinic and the Motion Capture Core Facility. Currently, his research examines exercise effects on postural and gaze stability in persons with neurologic conditions, such as Parkinson Disease, Multiple Sclerosis, vestibular hypofunction, and concussion. Funding for this research has come from the NIH, the Department of Defense, the National Multiple Sclerosis Society, the PAC-12, the Michael J Fox Foundation, the Foundation for Physical Therapy Research, and the University of Utah.



Jim Ballard, PT, DPT, has been a faculty member in the Department of Physical Therapy and Athletic Training at the University of Utah since 2004. He has 25 years of clinical experience with a focus on vestibular rehabilitation, geriatric mobility and balance issues and men's and women's pelvic health issues. Dr. Ballard is one of the founders of the University of Utah Balance and Mobility Clinic and he is a Board-Certified Clinical Specialist in Geriatric and Women's Health Physical Therapy. In addition, he is a member of the Deep Brain Stimulation and Focused Ultrasound Team at the University of Utah Health Sciences Center.