

# Pediatric Vestibular Therapy: Young Children Through Adolescents

Inger Brueckner, MS, PT



## Faculty

Inger Brueckner, MS, PT has practiced vestibular dysfunction since 1994. She began teaching after completing the Emory University/APTA Vestibular Competency course in 2003. In 2010 she joined the Rocky Mountain Hospital for Children Center for Concussion as the creator and director of PACER (Progressive Acute Concussion Exertional Rehabilitation). She is a member of a multi-disciplinary team focused on providing cutting-edge, effective, safe rehabilitation. Working for Presbyterian/St. Luke's Medical Center in Denver, CO, she has presented research findings at APTA CSM, published journal article, book chapter, developed protocols, and been invited to speak at international, national, and local conferences. She is passionate about providing the best care for all patients in a collaborative medical team, sharing lessons learned through continuing education.

Disclosure: Financial: Inger Brueckner receives a speaking fee from Education Resources for teaching. Non-Financial: She has no non-financial relationships to disclose.

## About this Live Webinar

Have you ever considered the importance of the sensory system that detects movement while rehabilitating children and adolescents? The pediatric patient will experience vestibular dysfunction at similarly rates as adults and any change either peripheral or central can greatly impact normal development of movement and postural control. This course will present current understanding of the scope of the vestibular dysfunction problem, best practices, systematic evaluation, and treatments addressing vestibular deficits in the school-aged child and adolescent. The course combines lecture, demonstration, and case study to address dysfunction accurately and efficiently. This course is updated as new information and guidelines are published. The primary goal is to challenge therapists to re-think movement and stability in their practice, using a comprehensive understanding of the vestibular system. Principles presented can be applied across the lifespan and with a multitude of disability levels.

## Objectives

- Understand how vestibular dysfunction presents and how it affects children and adolescents
- Choose the most relevant, time efficient evaluations specific to functional deficits and be able to take these findings to create and modify a treatment program
- Modify current treatment plans to address vestibular dysfunction including advancing and dosing of the intervention
- Recognize dysfunction that can be addressed and red flags that signal the need to referral to other medical providers
- Educate patients, caregivers, and other medical team members about the identified vestibular involvement in the child's functional complaints

## Audience

This course is appropriate for PTs, PTAs, OTs OTAs, and health practitioners that work with school-aged children and adolescents AGE 5-18.

Help your patients achieve better outcomes.

## Schedule – Day 1 9:40 am - 7:00 pm EST (US)

9:40–10:00	<b>Webinar Registration/Zoom Course Opens</b>
10:00–11:45	Introduction to Vestibular Rehabilitation: Anatomy and physiology of the vestibular system, reflexes, balance, posture, head righting, gaze stabilization, updates of evidence
11:45–12:15	Development and maturation of the vestibular system, age differences, multi-sensory reweighting, postural sway
12:15–12:30	<b>Break</b>
12:30–2:00	Epidemiology of dysfunction in children, pathophysiology, nystagmus, BPPV, migraine related syndromes, otitis media, unilateral and bilateral vestibular loss, mTBI and trauma, ototoxicity, central dysfunction, dysfunction associated with CP, ADHD, post cochlear implants, visual sensitivity
2:00–2:30	<b>Lunch</b>
2:30–3:00	Treatment principles: adaptation, habituation and substitution, critical periods, adults vs children, red flags and cautions
3:00–3:45	Evaluation: subjective history, functional observation, screening, VBI testing, ocular motor screening
3:45–4:15	Demonstration of VBI and ocular motor screening
4:15–4:45	BPPV in younger patients, positional testing Dix-Hallpike, modified Brandt-Daroff, Canalith Repositioning Technique
4:45–5:00	<b>Break</b>
5:00–5:15	Demonstration of positional testing and treatment with modifications
5:15–6:00	Specific vestibular testing: VOR, VOR cancelation, head thrust, head shaking, Dynamic Visual Acuity Test, imaginary targets, Motion Sensitivity Quotient with demonstration and discussion of modifications. Review of prioritizing evaluation components and maximizing hands-on time
6:00–6:45	Discussion of exercises with ocular motor emphasis (gaze stability), brock string, laser pointers, body-on-head motion, dual task, throw and catch

## Schedule – Day 2 9:40 am - 5:30 pm EST (US)

9:40–10:00	<b>Webinar Registration/Zoom Course Opens</b>
10:00–10:15	Case Discussion
10:15–11:15	Autonomic dizziness, syncope, orthostatic intolerance, POTS, nausea and anxiety
11:15–11:30	Sex differences in presentations and development
11:30–12:00	Dynamic movement and posture assessments, objective measures for balance
12:00–12:15	Principals for balance retraining
12:15–12:30	<b>Break</b>
12:30–1:00	Decision making for HEP, dosing, progression, giving feedback during session, clinical take-aways, diaphragmatic function, startle posture and visual vertigo
1:00–1:30	Demonstration: symptom relieving techniques, grounding, use of manual therapy
1:30–2:00	School considerations, visual ergonomics, modifying environment, play, timing of activity, patient and care giver education, lifestyle management exertion, sleep, hydration
2:00–2:30	<b>Lunch</b>
2:30–3:45	Exercise examples, inclusion of core stability, visual focus and balance to commonly used interventions, modifications for low vision, altered posture control, low-cost options for equipment, resources, how to search for ideas, collaboration among disciplines
3:45–4:15	Break into groups for case discussion and presentation of treatment
4:15–4:30	<b>Break</b>
4:30–5:30	Present cases to group including discussion of progression of activity, presentation of case examples by instructor

Find us on 



 [Linked in](#)

## ERI: Life-changing learning

**You love what you do.** Our courses remind you why. As a therapist, you change lives every day – and have your life changed in return. ERI is life-changing learning, for therapists by therapists.

### The ERI Advantage:

- Techniques you'll use the next day
- Peers who share your passion
- Renowned faculty
- Evidence-based courses that improve outcomes
- 30 years of life-changing learning

### Specialty Tracks throughout the lifespan – Neonatal, Pediatric, Adult, Geriatric

Each ERI specialty track is designed to make the most of your continuing education time, budget, and goals. Start your search with us and plan every course you'll take in 2022.

Visit [educationresourcesinc.com](http://educationresourcesinc.com) for all of your 2022 courses.

## ERI Rewards

**Your ERI experience is more rewarding than ever.**

- First Course Discount
- Group Discounts
- \$100 off your 4th Multi-day Course
- And more

Subject to availability. Exclusions may apply. Visit our website for details and coupon codes.

## Credits

This course meets the criteria for 14.5 contact hours 1.45 CEUs, Intermediate Level.



Education Resources Inc. is an AOTA Approved Provider of professional development. Provider #3043. This Distance Learning-Interactive (webinar) is offered at 14.5 contact hours 1.45 CEUs. Intermediate level, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.

This course can be used toward your NBCOT renewal requirements for 14.5 units.

Approved Provider for the FL Occupational Therapy Association CE Broker for 17 CE Hours.

This course meets the approval of the TX Board of OT Examiners.

Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm. Application has been made to the FL Physical Therapy Association for 17 continuing education contact hours. Application has been made to the MD Board of Physical Therapy Examiners for 1.4 CEUs. Application has been made to the MN Board of Physical Therapy. Application has been made to the NJ Board of Physical Therapy Examiners. Application has been made to the OK Board of Medical Licensure and Supervision for Physical Therapy. Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 17 contact hours. Approved provider by the NY State Board of Physical Therapy for 17 contact hours (1.7 CEUs). Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: CA, KY and TX.

The following state boards of physical therapy accept other states' approval: AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, MI, MN, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY.

The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: AL, CO, CT, IA, MA, ME, MT, NE, ND, NH, SD, WA.

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Please contact us with any special needs requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 800-487-6530.

## Webinar Dates and Times

**March 4 and 5, 2022**

**9:40 am EST • 8:40 am CST • 7:40 am MST • 6:40 am PST (US)**

Registration is for both sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



\$369 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14 day deadline. We encourage you to register online!

**Pediatric Vestibular Therapy/Brueckner  
March 4 and 5, 2022**

**Course Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

Employer: \_\_\_\_\_

Discipline: \_\_\_\_\_ Specialty: \_\_\_\_\_

How did you learn of this course? \_\_\_\_\_

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled.

I have read your refund policy above and understand.

Cardholder's name & billing address with zip code if different from above:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_

Amount charged \_\_\_\_\_

I hereby authorize you to charge my:  VISA  MC  DISCOVER# \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV2 Code \_\_\_\_\_