

# Treating Balance and Preventing Falls in Geriatric, Neuro, Vestibular and Medically Complex Clients

Kim Fox, PT, DPT



## Faculty

**Dr. Kim Fox, PT, DPT** completed her Master of Physical Therapy Degree at the University of Maryland at Baltimore, with special recognitions for neurology and research, and received a Doctorate Degree in Physical Therapy from the University of Montana. She completed the competency based vestibular course through Emory University and holds several advanced vestibular coursework certificates. Dr. Fox served in active duty and as reservists for the U. S. Airforce. Her experience includes hospital in/out-patient, home health, skilled nursing, and private practice settings. She owns AVORA Physical Therapy and practices at The AVORA Balance & Dizzy Center specializing in diagnostics and treatment of balance and vestibular disorders. Dr. Fox sits on the Vestibular Disorders Association (VEDA) Editorial Review Board, is a published author for VEDA, implemented VestibularJobs.com in partnership with VEDA, is a member of the WNC Fall Prevention Coalition, and teaches balance and vestibular courses to physicians, rehab providers, and geriatric fellowship and community-based programs.

*Financial: Dr. Fox receives a speaking fee from ERI for this course. Non-Financial: Dr. Fox is a volunteer unpaid consultant and receives free equipment for beta testing*

## About this Course

This course will get you thinking about balance in a whole new light to make balance training effective and fun for you and your patients! You will learn how to isolate balance deficits in processing and motor output, screen for vestibular involvement, objectively identify fall risk, implement modifications to reduce fall risk, discover your creative side to developing effective treatment strategies, tailor exercises to meet the needs of your patients physical abilities in any setting, and understand how to teach safe falling techniques, to name a few. You will also learn about frequently missed components to a successful treatment program.

## Objectives

- Discuss balance processing and strategies of recovery
- Objectively identify fall risk
- Implement modifications to reduce fall risk
- Apply new treatment techniques to isolate and challenge all sensory systems and all 4 balance reactions and reaction time for any patient in any setting
- Teach patients safe falling techniques to minimize the risk of an injury.

## Audience

This course is relevant for Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants and any provider assessing and/or treating balance impairment or patients with fall risks in all practice settings.

"Kim Fox was an excellent speaker. She is extremely knowledgeable in the subjects of balance, vestibular and concussion. She gave many resources for later use in the clinic. The course content was excellent!"

- C. Turrentine

Help your patients achieve better outcomes.

## Schedule – Day 1

7:30-8:00	Registration/Continental Breakfast
8:00-8:45	In-depth look at fall risks in a variety of settings and in a variety of patient complexities
8:45-10:00	<b>LAB/VIDEOS</b> + Lecture: Understanding the role of visual processing and environmental visual gain, visual dysfunction, performing oculomotor and ocular alignment testing, and interpreting central vs peripheral deficits
10:00-10:15	Break
10:15-11:30	<b>LAB</b> + Lecture: Decipher visual motion & body motion sensitivity, how deficits affect balance and how to effectively treat
11:30-12:00	<b>LAB</b> : Understanding the somatosensory systems & how to address proprioceptive deficits
12:00-1:00	Lunch (on your own)
1:00-2:30	<b>LAB</b> + Lecture: Understanding central & peripheral vestibular pathways, how to test for deficits, and proper treatment techniques
2:30-3:00	Ideal balance and maximizing stability
3:00-3:15	Break
3:15-3:45	Understanding postural adjustments and 4 recovery strategies
3:45-4:45	<b>LAB</b> : Mid-level & Advanced Balance Training
4:45-5:00	Teaching safe falling techniques to your patients (and how to practice as part of HEP) to minimize risk of injury in the event of a fall

## Schedule – Day 2

7:30-8:00	Continental Breakfast
8:00-10:15	<b>LAB</b> + Lecture: Balance & Gait testing for low through high level patients
10:15-10:30	Break
10:30-11:00	<b>LAB</b> : Seated Balance Training
11:00-12:15	<b>LAB/VIDEOS</b> + Lecture: BPPV testing & treating
12:15-1:15	Lunch (on our own)
1:15-1:45	<b>LAB</b> + Lecture: VOMS concussion screening
1:45-2:45	<b>LAB</b> + Lecture: Reaction Time Training
2:45-3:00	Break
3:00-3:15	How to maximize successful outcomes
3:15-4:00	Things to consider in specialized settings

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## Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). The AR Board of Physical Therapy accept other state board's approvals.

TX Physical Therapy Association accredited provider



Approved provider of continuing education by the American Occupational Therapy #3043, for 14 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

Approved by the TX Board of OT examiners



Education Resources Inc. is approved by the Board of Certification to offer 14 continuing education units for Certified Athletic Trainers

## Locations and Dates - 2020

<b>May 16-17</b>	Denison, TX	TMC Outpatient Therapy Services
<b>September 26-27</b>	Little Rock, AR	Baptist Health Medical Center

"Kim is a very engaging and knowledgeable instructor. She takes the time to ensure her material is understood and applies it to real-life situations! I would love to attend another class!"

- G. Courcelle



\$435 fee. Group rate (3 or more) must be mailed/faxed together \$410. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

### Treating Balance and Preventing Falls /Fox

☐ May/TX ☐ Sept/AR

#### Course Registration Form

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

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

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Needed in the event of an emergency scheduling change

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

Please clearly print your email address for course confirmation

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

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