

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

Kim Fox, PT, DPT



## Faculty

**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.*

## WEBINAR

### 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

- Have an in-depth understanding of balance processing and strategies of recovery
- Learn how to objectively identify and reduce fall risk
- Learn new treatment techniques to isolate and challenge all sensory systems and all 4 balance reactions and reaction time for any patient in any setting
- Learn how to 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.

### Requirements

Audio and video capabilities for online viewing and participation.

**"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. Thompson

Help your patients achieve better outcomes.

## Schedule – Day 1

8:40–9:00	Webinar Registration/Zoom Course Opens
9:00-9:45	In-depth look at fall risks in a variety of settings and in a variety of patient complexities
9:45-11:00	Understanding the role of visual processing and environmental visual gain, visual dysfunction, performing oculomotor and ocular alignment testing, and interpreting central vs peripheral deficits (video demonstration and examples of deficits)
11:00-11:15	Break
11:15-12:30	Decipher visual motion & body motion sensitivity, how deficits affect balance and how to effectively treat
12:30-1:00	Understanding the somatosensory systems & how to address proprioceptive deficits
1:00-1:30	Lunch (on your own)
1:30-3:00	Understanding central & peripheral vestibular pathways, how to test for deficits, and proper treatment techniques -VIDEO
3:00-3:30	Ideal balance and maximizing stability
3:30-3:45	Break
3:45-4:15	Understanding postural adjustments and 4 recovery strategies
4:15-5:15	Mid-level & Advanced Balance Training- VIDEO
5:15-5:30	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

8:40–9:00	Webinar Registration/Zoom Course Opens
9:00-11:00	Balance & Gait testing for low through high level patients (Lecture, VIDEO)
11:00-11:15	Break
11:15-11:45	Seated Balance Training -VIDEO
11:45-1:15	BPPV testing & treating (Lecture, VIDEO)
1:15-1:45	Lunch
1:45-2:15	VOMS concussion screening (Lecture, VIDEO)
2:15-3:15	Reaction Time Training (Lecture, VIDEO)
3:15-3:30	How to maximize successful outcomes
3:30-4:15	Things to consider in specialized settings

## Online Courses Learn at your convenience

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## Credits

This course meets the criteria for 14 contact hours (1.4 CEUs, Intermediate Level. 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 **NJ, NV, NM** and **OK** Boards of Physical Therapy.

Approved by the **MD** State Board of Physical Therapy Examiners.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 16.5 contact hours. Approved provider by the **NY** State Board of Physical Therapy for 16.8 contact hours (1.68 CEUs). Approved by **FL** Board of Occupational Therapy-CE Broker for 16.5 CE Hours. Approved by the **KS** Occupational Therapy Association for 14 Contact Hours

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, 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**.



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.



Education Resources, Inc. is approved by the Board of Certification to offer 14 Category A CEUs for ATs.

NBCOT professional development provider – 14 PDUs

Please contact us with any special needs requests:

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## Webinar Dates and Times – 2020

**September 26 - 27, 2020**

**8:40 am EST • 7:40 am CST • 6:40 am MST • 5:40 am PST (US)**

*Registration is for both sessions. Log-in instructions and course materials will be emailed/added to your ERI account 7 days prior to 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. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

**Treating Balance and Preventing Falls /Fox**  
☐ **Live Webinar: September 26 & 27, 2020**

**Course Registration Form**

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

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

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

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

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

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

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☐ I have read your refund policy above and understand.

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