

Building Better Balance

Course Objectives

At the completion of the seminar, the participant will be able to:

- correctly perform 12 relevant manual therapy techniques which may improve postural control or address impairments associated with balance dysfunction
- verbally identify signs and symptoms of benign paroxysmal positional vertigo
- correctly perform the Dix Hallpike test and the Canlith Repositioning Maneuver to address posterior/anterior semicircular canal dysfunction
- correctly perform the Supine-Roll test and the Appiani Treatment to address horizontal semicircular canal dysfunction
- correctly perform five tai chi forms or exercises
- correctly perform at least 20 exercises which may promote the development of strength, power, flexibility, and balance
- given the findings of a case study, develop a comprehensive balance rehabilitation regimen

EROG, PT, DPT, CIMT

-XVLQUHFHLYHGKLVDFKHORUVLQ,QHJUDLYH
3KVLRRORJLQIURPKH8QLYHUVLRI
RORUDGRRXOGHUKHUHKHSODHGUXPSH
LQKHROGHQXIIDORODUFLKQJJDQGH
ZHQRQRFRPSOHHKLVFRUDHLQ
3KVLFD07KHUHSIURPKH8QLYHUVLRI
OLFKLJDQ)OLQLQ\$VDHULILHG

,QHJUDHG0DQX0D07KHUHSVLV-XVLQLVUFUHGHLDOHGKURXJK
UHD/DNHV6HPLQDUVRDVVHVPHFKDQLFD0GVIHQFLRQDQG
RUHDZLKDFRPSUHKHQVLYHDSSURDFKHXVHVKL
DSSURDFKRUHSDSLHQVZLKRUKRSHGLFEDODQFHDQG
YHVLEXODULPSDLUPHQVHLVSDVVLRRQDHERXKLJKTXDOL
SDLHQHGXFDRQRSURPRHSDHLHQDXRQRPDQG
PRLYDLRQHLVDFOLQLFGLUHFURIDQRXSDHLHQURKSHGLF
FOLQLFLQ6RXKH0VDFKLDQ-XVLQORYHVRSODPXVLFDQG
HQMRRVSHQGLQKLVLPHFDPQLDQDQGLNLQJLZLKLKLVZLIH
DQGZRGJRJV

Course Outline

Saturday

7:30am Continental Breakfast, Pre-Test
8:00am Lecture: Postural control overview, anatomy and physiology of balance systems

10:45am Lecture: BPPV
11:30am Lab: Muscle strength / power training, Tai-Chi
12:00pm Lunch (on your own)
1:00pm Lab: BPPV treatment and nystagmus overview (oculomotor exam, Hallpike-Dix, Canalith Repositioning Maneuver, Supine Roll Test, Appiani Treatment, Repositioning Maneuver, Supine Roll Test, Appiani Treatment
2:00pm Lab: Joint mobilization (AA, OA, rib cage)
3:15pm Lab: Lower extremity joint mobilization - Hip (extension / neutral)
3:45pm Lab: Lower extremity joint mobilization - Knee (patellofemoral joint, tibiofemoral joint)
4:30pm Lab: Review and speed mobilization
5:00pm Lab: Review of Evidence-Based Literature
5:30pm Adjourn

Sunday

7:30am Continental Breakfast
8:00am Lab: Review and speed mobilizations (suboccipital group, trunk - anterior cervical/thorax)
9:30am Lab: Lower extremity joint mobilization (ankle - distal tibiofibular joint, talocrural joint)
10:00am Lab: MFR (pectoralis major, knee - articularis genu, lower leg - gastrocnemius and soleus)
11:30am Lab: Tai Chi
12:00pm Lunch (on your own)
1:00pm Lab: Tai Chi sequence / group instruction
2:00pm Lab: Balance basics
2:30pm Lab: Strength / Power Training
4:00pm Lab: Case presentation, Independent thinking and facilitated group review
4:30pm Lab: Question/answer session, post test, self relection
5:00pm Adjourn

Continuing Education

This course has been submitted for 16 continuing education hours. Approval amounts may vary per state. Certificates of attendance with the number of course hours will be given to each participant at the completion of the course. This course content is not intended for use by participants outside the scope of their license or regulation.

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Security Code

Billing Address

“ It was a fantastic course and KDG an excellent instructor. All of our employees who attended all had positive things to say about the course and I have already seen several concepts from the class practiced in the clinic today! ”

- Raleigh, NC