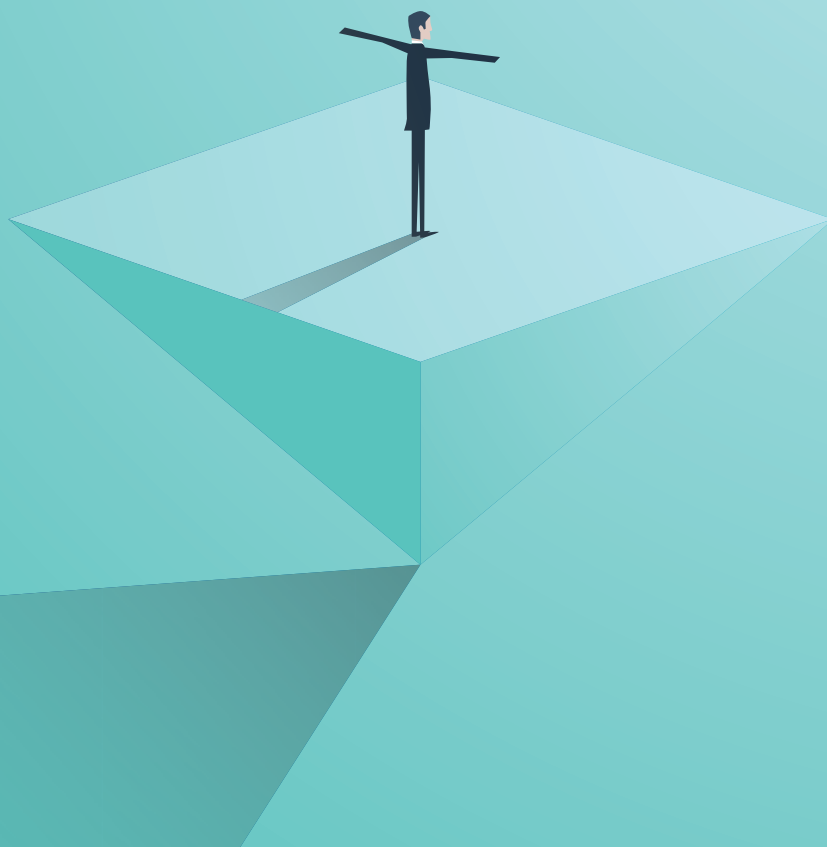


# 9th Biennial Vestibular and Balance Symposium



**Jan. 19-20, 2024**

Barrow Neurological Institute  
350 West Thomas Road, Phoenix, AZ



## Conference Description

Our conference will bring together members of the physical and occupational therapy, audiology, neurology, otolaryngology, advanced provider, and primary care communities across the nation to share and learn from each other. The program is highly relevant for clinicians, scientists, and educators for networking and engaging in the latest education pertaining to vestibular and balance disorders.

## Program Objectives

- Identify a logical approach to the evaluation of patients with vestibular and balance disorders
- Become familiar with the common disorders affecting patients with dizziness
- Be able explain the elements of vestibular physiotherapy assessment and treatment plan formulation of patients with dizziness and vertigo
- Demonstrate the methods for treating benign paroxysmal positional vertigo including variants affecting the posterior and lateral canals
- Understand the role and types of quantitative vestibular testing
- Identify the conditions for which otologic surgery can be offered

## Who Should Attend

This symposium is intended for all those interested in better understanding the evaluation, diagnosis, and treatment of patients with gait imbalance, dizziness, and vestibular disorders. This symposium is appropriate for those with all levels of experience in the area, including physicians, advanced practice providers, medical students, audiologists, and physical and occupational therapists.

## Continuing Education

CME pending.



# AGENDA

## Day 1 | Friday, Jan. 19, 2024

### SONNTAG PAVILION

- 7:30 a.m. Approach to Dizziness, Vestibular Anatomy, Exam  
*Justin L. Hoskin, MD*
- 8:30 a.m. Parkinson's Disease Update **[Neurology Grand Rounds]**  
*Alberto Espay, MD, FAAN*

### 9:30 a.m. Break

### GOLDMAN AUDITORIUM

- 9:45 a.m. Acute Vestibular Syndrome  
*Kristen K. Steenerson, MD*
- 10:15 a.m. MdDS, Motion Sickness, Vestibular Paroxysmia  
*Kamala Saha, MD*
- 10:45 a.m. Vestibular Testing: What Does it Tell Us  
*Troy Hale, AuD, CCC-A*
- 11:25 a.m. Vascular and Related Central Causes of Dizziness  
*Terry D. Fife, MD, FAAN, FANS*

### 11:50 a.m. Lunch

- 1 p.m. Current Strategies in VRT Treatment Planning  
*Susan L. Whitney, DPT, PhD, NCS, ATC, FAPTA*
- 1:20 p.m. VRT for Unilateral Vestibular Loss  
*Susan L. Whitney, DPT, PhD, NCS, ATC, FAPTA*
- 2 p.m. VRT Strategies for Bilateral Vestibular Hypofunction  
*Cathy I-Chun Cheng, PT, DPT*

### SONNTAG PAVILION

- 2:25 p.m. Hands-On Assessment: Exam Assessment Pearls  
*Susan L. Whitney, DPT, PhD, NCS, ATC, FAPTA*

### 2:50 p.m. Break

### GOLDMAN AUDITORIUM

- 3 p.m. Cases and Audiovestibular Testing Interpretations  
Moderator: *Terry D. Fife, MD, FAAN, FANS*  
*Troy Hale, AuD, CCC-A, Kristen K. Steenerson, MD*
- 3:40 p.m. Dizziness Evaluation in the Emergency Department  
*Stephen D. Merchant, PT, DPT, NCS*
- 4 p.m. Aerospace Medicine: Vertigo in Flight  
*Col. (Ret) Patrick P. Miles, MD*
- 4:30 p.m. Surgical Management of Vestibular Disorders & Overview of Hearing Augmentation  
*Shawn M. Stevens, MD, FACS*

- 4:55 p.m. Q & A

### 5 p.m. Adjourn

- 6:15 p.m. **Speakers' Dinner at Seasons 52**

## Day 2 | Saturday, Jan. 20, 2024

- 8 a.m. Vestibular Migraine: Mechanisms, Pharmacologic Treatment  
*Justin L. Hoskin, MD*
- 8:30 a.m. PT Interventions for Patients with Migraine  
*Juliana Kroese, PT, RYT, C-IAYT*
- 9 a.m. Treatment of BPPV and its Variants  
*Terry D. Fife, MD, FAAN, FANS*
- 9:25 a.m. Breakout Sessions**
- GOLDMAN AUDITORIUM**
- Group 1 (Advanced)**  
Hands-On Discussion & Application CRP for BPPV  
Facilitators: *Susan L. Whitney, DPT, PhD, NCS, ATC, FAPTA, Cathy I-Chun Cheng, PT, DPT, John Heick, PT, DPT, PhD*
- SONNTAG PAVILION**
- Group 2 (Beginner/Intermediate)**  
Hands-On Discussion & Application CRP for BPPV  
Facilitators: *Connie Weglarz, PT, DPT, NCS, Troy Hale, AuD, CCC-A, Amy Alexander, PT*
- 10 a.m. Break**
- 10:15 a.m. Ménière's Disease  
*Justin L. Hoskin, MD*
- 10:30 a.m. Managing PPPD Mixed with Other Types of Dizziness  
*Kristen K. Steenerson, MD*
- 11 a.m. Imbalance Due to Early Neurodegenerative Disorders  
*Terry D. Fife, MD, FAAN, FANS*
- 11:25 a.m. Panel Discussion of Case Vignettes for PT  
Moderator: *Terry D. Fife, MD, FAAN, FANS*  
*Susan L. Whitney, DPT, PhD, NCS, ATC, FAPTA, John Heick, PT, DPT, PhD, Connie Weglarz, PT, DPT, NCS*
- Noon Lunch**
- 1 p.m. Cervicogenic Dizziness  
*Connie Weglarz, PT, DPT, NCS*
- 1:30 p.m. TBI and Concussion: PT in the Aftermath  
*Susan L. Whitney, DPT, PhD, NCS, ATC, FAPTA*
- 2 p.m. Convergence Insufficiency After Concussion: Evidence-Based Assessment of the Role of Vision Therapy  
*John Heick, PT, DPT, PhD*
- 2:30 p.m. Concussion and Dizziness: Case-Based Review  
*Connie Weglarz, PT, DPT, NCS, Amy Alexander, PT*
- 3 p.m. Elements of Success and Compliance with Home Exercises  
*Cathy I-Chun Cheng, PT, DPT*
- 3:20 p.m. Q&A
- 3:25 p.m. Closing Remarks and Symposium Conclusion  
*Connie Weglarz, PT, DPT, NCS*
- 3:30 p.m. Adjourn**

# Registration Information

<https://register.dignityhealth.org/profile/85349>

For more information, please contact the Barrow Continuing Medical Education Office at [CME@BarrowNeuro.org](mailto:CME@BarrowNeuro.org).

Register  
Here



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## Guest Faculty

### **Amy Alexander, PT**

Sports Medicine and Concussion Specialists  
Clinic, Banner University Medical Center

### **Alberto Espay, MD, FAAN**

Professor & Research Chair, Gardner  
Family Center for Parkinson's Disease  
& Movement Disorders, University of  
Cincinnati

### **John Heick, PT, DPT, PhD**

Associate Professor of Physical Therapy  
Northern Arizona University

### **Col. (Ret) Patrick P. Miles, MD**

USAF Aerospace Medicine & Internal  
Medicine

### **Kristen K. Steenerson, MD**

Clinical Assistant Professor, Otolaryngology  
(Head & Neck Surgery) and Neurology &  
Neurological Sciences, Stanford University

### **Susan L. Whitney, DPT, PhD, NCS, ATC, FAPTA**

Co-Director & Professor, Physical Therapy  
Post-Professional MS Program, University  
of Pittsburgh

## Barrow Neurological Institute Faculty

### **Justin L. Hoskin, MD**

Vestibular Neurology & Balance Disorders

### **Kamala Saha, MD**

Vestibular Neurology & Balance Disorders

### **Terry D. Fife, MD, FAAN, FANS**

Vestibular Neurology & Balance Disorders

### **Troy Hale, AuD, CCC-A**

Audiologist, Associate Professor, AT Still

### **Shawn M. Stevens, MD, FACS**

Neuro-Otologist, ENT & Skull Base  
Surgery

### **Cathy I-Chun Cheng, PT, DPT**

Vestibular Physical Therapist

### **Connie Weglarz, PT, DPT, NCS**

Vestibular Physical Therapist

### **Juliana Kroese, PT, RYT, C-IAYT**

Physical Therapist, Yoga Therapist

### **Stephen D. Merchant, PT, DPT, NCS**

Vestibular Physical Therapist