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.

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