Cancellation Policy:
Motivations, Inc. reserves the right to cancel a course up to 14 days prior to the course, with full refund, if insufficient numbers of participants have registered for the course. Registrants may cancel up to 14 days prior to the course and transfer their tuition to any Motivations, Inc. course, or receive a full refund. Any cancellations within two weeks prior to the course will receive a refund less $100 for administrative costs.

How do I register?

By Phone: Call (800) 791-0262 and provide the information requested on the registration form.
By Mail: Complete the registration form and mail it to Motivations, Inc.
On the Web: Visit www.motivationsceu.com to register!

Course # Course Title

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Motivations, Inc., 249 Venice Way #3303 Myrtle Beach, SC 29577
Or fax: (815) 371-1499, Questions? (800) 791-0262
Updated: 12/01/2011

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C E U
Motivations, Inc.
Accredited Continuing Education Courses

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P: (800) 791-0262
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admin@motivationsceu.com
www.motivationsceu.com

#215 Vestibular Rehabilitation:
Evidence-Based evaluation and treatment to decrease dizziness and restore balance!

Instructor:
Brady Whetten, DPT, GCS

8:00 am – 5:30 pm

AUDIENCE: Physical Therapists, Occupational Therapists and Assistants.
SUMMARY: Dizziness and imbalance are the most common complaint for older adults to their physicians, and individuals with dizziness are 12 times more likely to fall. This is a major problem for our health care system as a whole. While complaints of dizziness increase with age, people of all ages are at risk for developing dizziness and vertigo. Regardless of the treatment population you work with, there is a very strong likelihood that you will come across individuals that complain of dizziness and imbalance. Don’t get caught spinning!! You can make a difference and improve the quality of life for your patients that suffer from these conditions. You can change their brain! The purpose of this course is to equip you with the tools you need to correctly identify and treat common causes of dizziness and imbalance. The focus will be on the peripheral vestibular system, with discussion of differential diagnosis with central vestibular pathologies and non-vestibular causes of dizziness. We will discuss in depth evidence-based outcome measures with the aim of guiding interventions to help patients with dizziness and imbalance reach their optimal potential. Video case studies and lab sessions will be included to facilitate immediate clinical application.

PRESENTER: Brady Whetten, DPT, GCS, received a degree in Exercise Science from Brigham Young University and a Doctorate of Physical Therapy from the University of Utah. He is currently practicing as a physical therapist at Northwest Rehabilitation Associates in Salem, OR. He specializes in working with geriatric and neurologic populations and is passionate about learning and applying the latest evidence to maximize improvements for elderly individuals and individuals with neurologic disorders, including dizziness and vertigo. He is a Board-certified Geriatric Clinical Specialist, and has presented on a variety of topics dealing with geriatric and neurologic physical therapy around the country. Brady has completed the Vestibular Competency course through Emory University. He is currently serving on a number of committees for the Vestibular Special Interest Group of the Neurology section of the APTA. Included in these responsibilities is a member of the Critical Appraisal Team for the development of Clinical Practice Guidelines for unilateral vestibular hypofunction.

OBJECTIVES: Upon completion of this course, participants will be able to:
1. Explain at least 3 possible mechanisms for dizziness, vertigo, and imbalance.
2. Given your knowledge of anatomy, correctly analyze the physiological basis of at least 3 normal vestibular and/or balance functions.
3. Given a patient simulation and/or patient video, construct 3 effective tests and treatments for BPPV in patients with vestibular disorders.
4. Correctly distinguish at least 4 signs and/or symptoms of vestibular dysfunction.
5. Discriminate between the specific evaluation techniques available to effectively implement at least 3 oculomotor, postural, and/or positional tests in a patient with a balance dysfunction.
6. Develop an evidence based vestibular treatment plan using at least 2 peer-reviewed manuscripts to address a specific vestibular or balance impairment.
7. Propose 2 strategies to progress balance re-training from the time of the initial evaluation through to discharge in a patient with vestibular dysfunction.
8. Devise at least 3 effective tools, 1 of which includes research findings to educate and market to referral sources.

FORMAT: This is an 16-hour lecture/discussion course equivalent to 1.6 CEUs. Motivations Inc is an approved provider by The Texas Chapter of the APTA. We follow the PT Board guidelines for CEU’s in the state the course is held. AOTA: Motivations, Inc. is an approved provider of continuing education by the American Occupational Therapy Association #4002, for 16 contact hours - Intermediate Level Occupational Therapy Process: evaluation, intervention. The assignment of AOTA CEU's does not imply endorsement of specific course content, products or clinical procedures by AOTA.

PREPARATION: Attendees need to bring an exercise mat.

AGENDA:
8:00 am – Introduction; Dizziness, imbalance, and falls – A growing problem
9:00 am – Review of anatomy and physiology of the vestibular system
10:00 am – Break
10:15 am – Differential diagnosis for peripheral vestibular dysfunction, including: Benign Paroxysmal Positional Vertigo (BPPV), Vestibular neuritis, Labrynthitis, Bilateral Vestibular Hypofunction (BVH), Meniere’s disease, Acoustic neuraoma, Perilymphatic fistula
12:00 pm – Lunch (on your own)
1:00 pm – Lab – BPPV
2:00 pm – Comprehensive vestibular evaluation: history, systems review, oculomotor exam (Dynamic Visual Acuity, saccades, smooth pursuits, head thrust test), gait & postural control (Clinical Test of Sensory Integration in Balance (CTSIB), modified Dynamic Gait Index, Four square step test), motion control (Motion Sensitivity Quotient)
3:15 pm – Break
3:30 pm – Lab – evaluation techniques
5:00 pm – 5:30 pm – Conclusions, Q & A /Adjourn

Day 2
8:00 am – Additional evaluation considerations – dual-tasking, optokinetics, cognition
9:00 am – Interventions – habituation, adaptation, compensation, and other treatment techniques
10:30 am – Break
10:45 am – Lab – interventions
12:00 pm – Lunch (on your own)
1:00 pm – Central vestibular consideration, differential diagnosis, treatment
2:00 pm – Concussion – evaluation considerations and treatment
3:00 pm – Break
3:15 pm – Non-vestibular considerations – migraine, CSD, cervicogenic dizziness
4:45 pm – 5:30 pm – Review of case studies, Conclusion, Q & A/Adjourn

For course location details and registration, please visit: www.motivationsceu.com