

Minneapolis,  
MN  
April 30 - May 2,  
2025

# Balance Rehabilitation Workshop: Using Virtual Reality-Based Technology to Enhance Patient Care

Vestibular rehabilitation is an essential part of the dizzy patient's journey. This workshop explores the use of virtual reality (VR) in objectively personalizing patient training and home exercises to optimize patient care.

The workshop includes lecture-based learning, combined with hands on practical workshops using the latest in virtual reality technologies. Attendees will also learn through case-based discussions on how to create and adapt individualized balance rehabilitation programs. This course will connect the diagnostic assessment to technologies that support objective functional assessment and successful rehabilitation of the patient. Topics covered include:

- Identification of VOR deficits and evaluation of functional changes in the VOR response
- Upright sensory integration and postural control testing using static force plates and computerized dynamic posturography (CDP) assessments
- Using virtual reality to design postural control, vestibular, and dual task exercises

The combination of diagnostics and objective functional assessments will give practitioners valuable insights to guide retraining strategies and exercises and make individualized adaptations to facilitate symptom reduction.

#### Training location

Interacoustics, Ron Perlt Learning Center  
10393 W 70th St., Eden Prairie, MN

**Date:** April 30 - May 2, 2025

**PT Contact hours:** 18.25 CEUs\*

**Course Fee:** \$450

#### Intended Audience

Physical therapists, audiologists, otolaryngologists, and other healthcare professionals interested in using virtual reality in their balance rehabilitation program. It is an ideal training opportunity for professionals that have recently acquired a Virtualis virtual-reality-based rehabilitation system.

#### Prerequisite knowledge

Content assumes attendee will have prior experience in vestibular diagnostics and treating patients with vestibular dysfunction.

#### Hotel location

Hilton Minneapolis/Bloomington  
3900 American Blvd W.  
Bloomington, MN  
844-856-8554

#### Hotel Information

Attendees are responsible for obtaining their own lodging and transportation to/from the training location. As a courtesy, we will pre-arrange for a limited supply of rooms to be available at a nearby hotel. Check the online registration page for details and link to room block.

#### Early Registration is Recommended

Class size is limited to allow participants ample hands-on opportunities with the equipment and guidance from on-site experts.



Register online

\* Course will be submitted to the Minnesota State Board of Physical Therapy for approved credits. Submitting credits through the Minnesota State Board of Physical Therapy does not guarantee full credits will be approved by the board. Accreditation of this course does not necessarily imply the Minnesota Board of Physical Therapy supports the views of the presenter or the sponsors. This continuing education activity is based on course content only and does not imply endorsement of the course, specific products, or clinical procedures.



# Agenda

Minneapolis, MN April 30 – May 2, 2025

## April 30, 2025 - VOR

Time	Title
9:00 - 9:15 AM	Housekeeping and welcome
9:15 - 10:00 AM	Clinical journey from diagnostics to rehabilitation
10:00 - 10:30 AM	Clinical journey through rehabilitation
<b>10:30 - 11:00 AM</b>	<b>Break</b>
11:00 - 11:45 AM	Functional assessments of the VOR
11:45 - 12:30 PM	Practical rotation: functional assessments of the VOR
<b>12:30 - 1:30 PM</b>	<b>Lunch</b>
1:30 - 2:00 PM	Creating rehabilitation programs for functional VOR deficits
2:00 - 3:00 PM	Practical rotation: training to improve functional VOR deficits
<b>3:00 - 3:15 PM</b>	<b>Break</b>
3:15 - 4:00 PM	Developing a vestibular rehabilitation home exercise program
4:00-4:30 PM	Optional end-user Q&A in lab

## May 1, 2025 - Sensory Integration

Time	Title
9:00 - 09:30 AM	Beyond VOR: exploring the full balance system
9:30 - 10:00 AM	Assessing sensory integration: static platform and CDP
<b>10:00 - 10:15 AM</b>	<b>Break</b>
10:15 - 11:45 AM	Practical rotation: assessing sensory integration (SOT and CTSIB)
11:45 - 12:45 PM	Designing rehabilitation programs for visual dependence
<b>12:45- 1:45 PM</b>	<b>lunch</b>
1:45 - 2:45 PM	Practical rotation: training to improve sensory integration symptoms
<b>2:45 - 3:00 PM</b>	<b>Break</b>
3:00 - 4:00 PM	Practical rotations continued
4:00-4:30 PM	Optional end-user Q&A in lab

## May 2, 2025 - Static and Dynamic Postural Control

Time	Title
9:00 - 9:30 AM	The importance of assessing postural control
9:30 - 10:00 AM	Assessing static and dynamic postural control
<b>10:00 - 10:15 AM</b>	<b>Break</b>
10:15 - 11:45 AM	Practical rotations: assessing postural control (MCT, ADT, LOS)
<b>11:45-12:30 PM</b>	<b>Lunch</b>
12:30-1:15 PM	Designing rehabilitation programs for postural control with focus on integrating dual tasks
1:15 - 2:45 PM	Practical rotation: training static and dynamic postural control
2:45 - 3:00 PM	Final case: putting it all together
3:00 - 3:15 PM	Questions and close

## Presenters



### Darren Whelan

*Interacoustics Clinical Trainer, Interacoustics Academy*

Darren holds an undergraduate degree in audiology and a master's degree in health science, neurophysiology, and clinical research. He has held several clinical positions in the National Health Service (NHS). Prior to his current occupation as an International Clinical Trainer at the Interacoustics Academy, Darren held a clinical and research scientist role, where he investigated patients with auditory and vestibular pathology, and managed a portfolio of research studies.



### Cassie Anderson PT, DPT

*Global Clinical Educator for Balance*

*Rehabilitation, Interacoustics A/S*  
Cassie holds her Doctorate in Physical Therapy and has served as a licensed physical therapist for 11 years. She began her career in the inpatient rehab setting working primarily with patients post stroke then transitioned to the outpatient setting working primarily with the vestibular/balance population in a multidisciplinary ENT and neurology clinics. Cassie has participated in research and quality improvement projects aimed at incorporating technology into clinical practice and has presented at both the national and international level.



### Anna Payne, PT, DPT, NCS

*Clinical Education and Training Specialist*

*(Vestibular and Balance), Interacoustics US*  
Anna Payne holds her Doctor of Physical Therapy degree from St. Catherine University, St. Paul, MN. Prior to her current occupation, Anna worked clinically in an outpatient setting treating patients across the age spectrum with a wide variety of diagnoses, including neurologic, orthopedic, and vestibular disorders. As a board certified neurological physical therapist, she has managed care for patients post stroke, with Parkinson's disease, vestibular conditions, spinal cord injuries, and balance impairments.



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