

Role of Physical Therapy in Pediatric Persistent Postural Perceptual Dizziness (PPPD)

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2:30 - 3:30pm

Pediatrics, Neurology

Rehabilitation for dizziness has been extensively studied in the adult population and growing evidence is demonstrating increased frequency of persistent dizziness symptoms in children and adolescents. There is an active role for physical therapy in the management of symptoms and functional outcomes. Persistent postural-perceptual dizziness (PPPD) can impact patients at a young age and prolonged symptoms can have a significant impact on activity and participation in the pediatric population. Treatment must include physical therapy and collaboration in a multidisciplinary setting for best outcomes. The goal of this presentation is to review PPPD, discuss treatment approach and recommendations, and develop collaborations with community providers.

Objectives:

1. Discuss diagnosis and implications for treatment planning, prognosis, and outcomes in the pediatric setting
2. Review pediatric physical therapy interventions for PPPD
3. Establish a network of providers for collaboration

1. Nada EH, Ibraheem OA, Hassaan MR. Vestibular Rehabilitation Therapy Outcomes in Patients With Persistent Postural-Perceptual Dizziness. *Ann Otol Rhinol Laryngol.* 2019;128(4):323-329.
2. Staab JP. Persistent Postural-Perceptual Dizziness. *Semin Neurol.* 2020;40(1):130-137.
3. Trinidade A, Goebel JA. Persistent Postural-Perceptual Dizziness-A Systematic Review of the Literature for the Balance Specialist. *Otol Neurotol.* 2018;39(10):1291-1303.
4. Staab JP, Eckhardt-Henn A, Horii A, Jacob R, Strupp M, Brandt T, Bronstein A. Diagnostic criteria for persistent postural-perceptual dizziness (PPPD): Consensus document of the committee for the Classification of Vestibular Disorders of the Bárány Society. *J Vestib Res.* 2017;27(4):191-208.
5. Popkirov S, Stone J, Holle-Lee D. Treatment of Persistent Postural-Perceptual Dizziness (PPPD) and Related Disorders. *Curr Treat Options Neurol.* 2018;20(12):50.
6. Wang A, Fleischman K, Kawai K, Corcoran M, Brodsky J. Persistent Postural-Perceptual Dizziness in Children. *Otol Neurotol.* 2021 Sep 1;42(8): e1093-e1100.

Dr. Pidgeon is a physical therapist in the Physical and Occupational Therapy Department at Boston Children's Hospital. She completed her Doctorate of Physical Therapy at Springfield College. She is certified in Vestibular Rehabilitation and Concussion from the American Institute of Balance. Dr. Pidgeon

is a provider in the Boston Children's Hospital Multidisciplinary Concussion Clinic, Balance and Vestibular Program.

Dr. Molind is a physical therapist in the Physical and Occupational Therapy Department at Boston Children's Hospital. She completed her Doctorate of Physical Therapy at the MGH Institute of Health Professions. She is a board certified Pediatric Clinical Specialist through the American Physical Therapy Association and a Certified Athletic Trainer through the National Athletic Trainers' Association. Dr. Molind is a provider in the Boston Children's Hospital Multidisciplinary Concussion Clinic, Balance and Vestibular Program, and the Stroke and Cerebrovascular Center. She is the program director for the Pediatric Physical Therapy Residency and the Site Coordinator for Clinical Education at BCH.