

# Torticollis and Plagiocephaly:

## Assessment and Treatment of Infants and Children

Cindy Miles PT, PHD, PCS, CDNT

### Faculty

Cindy Miles, PT, PhD, PCS, CDNT established her pediatric private practice in 1981. Dr. Miles is a graduate of the University of Pittsburgh, School of Health-Related Professionals and East Stroudsburg University with a Master of Education in exercise physiology. She also holds a PhD in Pediatric Science from the Rocky Mountain University of Health Professions. Her doctoral research was on potential risk factors related to the diagnosis of Torticollis. She is Board Certified by the American Board of Physical Therapy Specialties as a Pediatric Clinical Specialist, specializing in treating children from birth through to young adults. She completed the eight-week Pediatric NeuroDevelopmental training course and the Advanced Infant course. Dr. Miles is serving as President of the Academy of Pediatric Physical Therapy and is presently the Co-Chair and Meeting Planner for the Academy's Annual Conference. She held the titles of APPT Treasurer, Treasurer Elect and pediatric sports, fitness SIG chair. Dr. Miles presents nationally on pediatric private practice and reimbursement as well as nationally and internationally on Torticollis, Plagiocephaly, and Fitness for All Abilities. She has published in peer review journals and books on topics related to pediatric physical therapy.

*Disclosure: Financial: Cindy Miles receives an honorarium from Education resources for this course. Non-Financial: She has no non-financial relationships to disclose.*

### About this Course

This dynamic evolving course will concentrate on progressive, effective evaluation and treatment schemes for infants and young children with a diagnosis of torticollis with or without plagiocephaly, including challenging cases. The course is designed to provide therapists with current research and recommendations pertaining to the implications of torticollis, sleep posture and increased use of positional devices on infant postural and motor development. Current evidence-based clinical pathways and guidelines for management of torticollis and infant head shape, including Clinical Practice Guidelines from APTA will be discussed and incorporated. Red flags for related early infancy and preschool diagnoses will be appraised as we explore diagnosis impact on the movement system and resulting impairments in gross, fine and speech motor skills. Current functional, clinically oriented evaluation and evidence-based treatment strategies for infants and young children that can be integrated into routines and play will be provided. Diagnostic procedures and surgical intervention will be reviewed. Recommendations for follow-up and secondary specialist consultations will be presented. Emphasis on home exercise programs and effective strategies to team with parents will be explored throughout both days.

### Objectives

- 1 Identify the incidence, etiology and pathophysiology of torticollis and discuss the importance of early identification and early referral through systematic screenings and evaluations by health care providers
- 2 Identify the impact of torticollis on the movement system and associated body structures and function
- 3 Problem solve current evidence-based treatment regimens for torticollis
- 4 Identify the impact on head shape that may be present with a diagnosis of torticollis
- 5 Discuss guidelines, available research and problem solve solutions to manage including helmet criteria and treatment
- 6 Discuss the relationship of "the change in sleep posture," effects of increased positional devices, and environmental influences on postural development
- 7 Relate current research and recommendations pertaining to SIDS and the efficacy of back to sleep
- 8 Review diagnoses related to the health policy change
- 9 Collaborate and cultivate parent/caregiver's understanding of the child's health condition, interventions, and compliance to home education/therapy program and follow-up recommendations
- 10 Establish individualized goals and incorporate family centered evidenced based treatment regimes as part of their home education/therapy program

### Audience

Physical, Occupational and Speech Therapists and Assistants; Nurses, including NICU, Nurse Practitioners, Orthotists, Physician Assistants and Physicians.

## Schedule – Day 1

- 8:00-8:30** Registration/Continental Breakfast
- 8:30-10:30** Etiology, Pathophysiology, Incidence  
LAB  
SIDS Research
- Health Policy Shift
  - Sleep Position
- Changing Symptomatology/Clinical Implications
- Health Policy Shift-Impact on Development/Compensatory Postures
- 10:30-10:45** Break
- 10:45-12:30** Anatomy Review  
Differential Diagnosis  
Associated Pathologies/Impairments
- Ocular Torticollis
  - GERD
  - Hip Dysplasia
  - Extension Bias/Hypotonia
  - Toe Walking
  - LAB
- 12:30-1:30** Lunch (on your own)
- 1:30-3:15** Developmental Components
- Treatment/Movement Components
- Vision Development  
Assessment
- Documentation
  - Goal Planning
  - HEP
- 3:15-3:30** Break
- 3:30-5:30** Treatment Indicators

## Schedule – Day 2

- 7:30-8:00** Continental Breakfast
- 8:00-10:00** Plagiocephaly/Craniosynostosis
- Anatomy
  - Etiology/Incidence
  - Assessment
  - Treatment
  - Helmet Criteria
  - Outcomes
  - Case Reviews
- Facial Asymmetry
- 10:00-10:15** Break
- 10:15-12:00** Treatment
- Clinical Pathways/Protocols/Outcomes
  - LAB: Manual Stretching/Functional Range of Motion
  - Functional Strengthening
  - Functional Play
- 12:00-1:00** Lunch (on your own)
- 1:00-3:00** Treatment: (continued)
- Manual Techniques
  - Problem Solving Participant Cases
  - Positioning/Including NICU
  - HEP
  - LAB: Taping
  - Tot Collar
- 3:00-3:15** Break
- 3:15-5:00** Case Reviews  
Clinical Decision Making/Follow-up  
Botox  
Surgical Intervention  
Related Infant Trends  
Insurance Trends  
Summary/Conclusions

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## Credits

This course meets the criteria for 15 contact hours (1.5 CEUs). In **MA, CT, and NH** this workshop meets accepted standards for continuing competence activities. Application has been made to the **LA and NJ** Board of Physical Therapy Examiners. The **IN, MI, PA RI, and WI** Boards of Physical Therapy recognize other state board approvals. **TX** Physical Therapy Association accredited provider.

Approved sponsor by the State of **IL** Dept. of Financial and Professional Regulation for Physical Therapy for 18 contact hours.

Approved provider by the **NY** State Board of Physical Therapy for 18 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 15 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

This course meets the approval for type 2 CEUs by the **TX** Board of OT Examiners.

Application has been made to **IL** EI Training Program.

NBCOT professional development provider – 15 PDU's

12 hours of this course qualify toward the 20 hours requirement for NDTA re-certification.

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## Locations and Dates - 2020

<b>April 3-4</b>	Weymouth, MA	South Shore Hospital
<b>June 12-13</b>	New Orleans, LA	Ochsner Baptist - a Campus of Ochsner Medical Center
<b>Aug 7-8</b>	New Brunswick, NJ	Children's Specialized Hospital
<b>Sept 11-12</b>	Fort Worth, TX	Texas Health Fort Worth
<b>Sept 25-26</b>	Aurora, IL	BDI Playhouse Children's Therapy



\$465 fee. Group rate \$440 (registrations must be made together.) Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

**Torticollis/Miles:**

Apr/MA  June/ LA  Aug/NJ  Sept/TX  Sept/IL

**Course Registration Form**

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Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

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