

Torticollis: Assessment and Treatment of Infants and Children:

“Impact on the Movement System of Infants and Beyond”

Cindy Miles PT, PHD, PCS, CDNT



Faculty

Cindy Miles, PT, PhD, PCS, CNDT 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. Cindy 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 (APPT) and is presently the Co-Chair and Meeting Planner for the Academy's Annual Conference (APPTAC). 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. [www.cin-](http://www.cindymiles.com)
[dymiles.com](http://www.cindymiles.com) or [www.traintotri-](http://www.traintotriumph.com)
[umph.com](http://www.traintotriumph.com). *Disclosure: Financial: Cindy Miles*

About this Live Webinar

This dynamic evolving course will concentrate on progressive, effective evaluation and treatment schemes for infants and young children with a diagnosis of torticollis, 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 related movement impairments, including Clinical Practice Guidelines from APTA - Academy of Pediatric Physical Therapy, will be incorporated. Red flags for related early infancy and preschool diagnoses will be appraised. 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 referrals and secondary specialist consultations will be presented. Emphasis on home exercise programs and effective strategies to team with parents will be explored. Introduction to long-term follow-up and implementing annual check-ups will be incorporated throughout the webinar. Learning opportunities for therapists and medical professionals involved in pediatrics will transpire through lecture, case reports, group problem solving, video review, and lab practicum. The extensive use of pictures and videos throughout the 2 days of intensive course materials will allow participants to problem solve and identify movement and tissue impairments related to the diagnosis of torticollis, providing functional ways to evaluate and treat.

Objectives

- 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
- Identify the impact of torticollis on movement and associated body structures and function.
- Problem solve current evidenced based treatment regimens for torticollis
- Discuss the relationship of “the change in sleep posture,” effects of increased positional devices, and environmental influences on postural and musculoskeletal development
- Relate current research and recommendations pertaining to SIDS and the efficacy of back to sleep. Review diagnoses related to the health policy change.
- 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

Help your patients achieve better outcomes.

Schedule – Day 1 5:40pm - 10:00 pm EST (US)

5:40–6:00	Webinar Registration/Zoom Course Opens
6:00 - 8:00	Etiology, Pathophysiology, Incidence Lab SIDS Research <ul style="list-style-type: none"> ▪ Health Policy Shift ▪ Sleep Position Changing Symptomatology/Clinical Implications Health Policy Shift-Impact on Development/Compensatory Postures
8:00 - 8:15	Break
8:15 - 10:00	Anatomy Review Differential Diagnosis Associated Pathologies/Impairments <ul style="list-style-type: none"> ▪ Ocular Torticollis ▪ GERD ▪ Hip Dysplasia ▪ Extension Bias/Hypotonia ▪ Toe Walking

Schedule – Day 2 5:40pm - 10:00 pm EST (US)

5:40–6:00	Webinar Registration/Zoom Course Opens
6:00 - 8:00	Developmental Components <ul style="list-style-type: none"> • Treatment/Movement Components Vision Development
8:00 - 8:15	Break
8:15 - 10:00	Assessment <ul style="list-style-type: none"> • Documentation

Schedule – Day 3 5:40 pm - 10:00 pm EST (US)

5:40–6:00	Webinar Registration/Zoom Course Opens
6:00 - 8:00	Goal Planning <ul style="list-style-type: none"> • HEP Treatment Indicators Facial Asymmetry
8:00 - 8:15	Break
8:15 - 10:00	Treatment: <ul style="list-style-type: none"> • Clinical Pathways/Protocols/Outcomes • Manual Stretching/Functional Range of Motion • Functional Strengthening • Functional Play

Schedule – Day 4 5:40 pm - 10:00 pm EST (US)

5:40–6:00	Webinar Registration/Zoom Course Opens
6:00 - 8:00	Treatment: (continued) (Lab) <ul style="list-style-type: none"> ▪ Problem Solving Participant Cases ▪ Positioning/Including NICU ▪ Taping (Lab)/Tot Collar
8:00 - 8:15	Break
8:15 - 10:00	COVID-19 - Resources Clinical Decision Making/Follow-up Botox Surgical Intervention Related Infant Trends

Register for “Torticollis: Assessment and Treatment of Infants and Children” AND Cindy’s 1-day live webinar “Plagiocephaly: Assessment & Treatment of Infants and Toddlers” and save.

See website for course dates and complete details.

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Credits

This course meets the criteria for 15 contact hours (1.5) CEUs, Intermediate Level.



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This course can be used toward your NBCOT renewal requirements for 15 units. Approved provider of the **FL** Board of Occupational Therapy-CE Broker – 18 hrs.

This course meets the approval of the **TX** Board of OT Examiners.

Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 18 contact hours. Application has been made to **Illinois** EI Training Program.

Application has been made to the **FL** Physical Therapy Association for 18 continuing education contact hours.

Application has been made to the **MN** Board of Physical Therapy.

Application has been made to the **NJ** Board of Physical Therapy Examiners.

Application has been made to the **OK** Board of Medical Licensure and Supervision for Physical Therapy.

Application has been made to the **MD** Board of Physical Therapy Examiners.

Approved provider by the **NY** State Board of Physical Therapy for 18 contact hours (1.8 CEUs).

Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, KY** and **TX**.

The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, MI, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY**.

The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: **AL, CO, CT, IA, MA, ME, MT, NE, ND, NH, SD, WA**.

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

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Webinar Dates and Times – 2022

June 6 and 8 and June 13 and 15, 2022

5:40 pm EST • 4:40 pm CST • 3:40 pm MST • 2:40 pm PST (US)

Registration is for all sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.

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June 6 and 8 and June 13 and 15, 2022

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