

# Cindy Miles' Torticollis: Assessment and Treatment of Infants and Children: Impact on the Movement System

Anjali Gupta, PT, MSPT, CLT



## Faculty

Anjali Gupta, PT, MSPT, CLT, has been a pediatric physical therapist for more than 20 years specializing in treatment of children with cerebral palsy, torticollis, and NICU. She currently works at Texas Children's Hospital as the manager of Clinical Education and Research. She provides education programming, mentoring, and develops training programs for therapy staff. She served as the co-chair of programming committee for the APTA Academy of Pediatric Physical Therapy for the national Combined Sections Meeting for several years and is currently the vice-chair of the Neonatology Special Interest Group.

Anjali worked closely with the late [Cindy Miles](#) in APTA's pediatric section and she is thrilled to continue Cindy's teaching of Plagiocephaly and Torticollis for ERI.

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

## 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.
- Establish individualized goals and incorporate family centered evidenced-based treatment regimens as part of their home education/therapy program.

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"> <li>▪ Health Policy Shift</li> <li>▪ Sleep Position</li> </ul> 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"> <li>▪ Ocular Torticollis</li> <li>▪ GERD</li> <li>▪ Hip Dysplasia</li> <li>▪ Extension Bias/Hypotonia</li> <li>▪ Toe Walking</li> </ul>

## 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"> <li>• Treatment/Movement Components</li> </ul> Vision Development
8:00 - 8:15	Break
8:15 - 10:00	Assessment <ul style="list-style-type: none"> <li>• Documentation</li> </ul>

## 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"> <li>• HEP</li> </ul> Treatment Indicators Facial Asymmetry
8:00 - 8:15	Break
8:15 - 10:00	Treatment: <ul style="list-style-type: none"> <li>• Clinical Pathways/Protocols/Outcomes</li> <li>• Manual Stretching/Functional Range of Motion</li> <li>• Functional Strengthening</li> <li>• Functional Play</li> </ul>

## 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"> <li>▪ Problem Solving Participant Cases</li> <li>▪ Positioning/Including NICU</li> <li>▪ Taping (Lab)/Tot Collar</li> </ul>
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 *Cindy Miles' Torticollis: Assessment and Treatment of Infants and Children* AND *Cindy Miles' Plagiocephaly: Assessment and 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.

Approved by the FL Physical Therapy Association for 18 continuing education contact hours. Approved by the MD Board of Physical Therapy Examiners. Application has been made to the MN Board of Physical Therapy. Approved by the NJ Board of Physical Therapy Examiners.

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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.

For special needs request, please contact [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 800-487-6530. Education Resources Inc. 266 Main St, Suite 12, Medfield, MA 02052

## Webinar Dates and Times – 2023

**September 11, 13, 18 and 20, 2023**

**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.



\$369 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14-day deadline. We encourage you to register online!

**WEBINAR: Cindy Miles' Torticollis: Assessment and Treatment of Infants and Children-  
Impact on the Movement System  
Taught by Anjali Gupta, PT, MSPT, CLT  
 September 11, 13, 18 and 20, 2023**

**Course Registration Form**

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