

# Torticollis: The Basics

## What Every Therapist Needs to Know

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

Torticollis has been on the rise since the 1992 American Academy of Pediatrics' Back-to-Sleep campaign. Therapists are instrumental in treating children with torticollis in a multitude of settings. Therapists also play a key role in increasing community awareness for the early identification and referral to therapy services.

This course provides foundational information on the etiology, evaluation, and treatment of infants with torticollis. Upon completion of this course, participants will be familiar with the types of torticollis, the Academy of Pediatrics Clinical Practice Guidelines for Congenital Muscular Torticollis, will understand the long-term implications of untreated/undertreated torticollis, and have the proper tools for evaluating infants with torticollis. Additionally, recommendations for community outreach and referrals to secondary specialist consultations will be presented.

*\*The material in this course is based on the information and approach previously developed and presented by Cindy Miles.*

### Objectives

- Identify the incidence, etiology and pathophysiology of torticollis.
- Utilize the 2024 Clinical Practice Guidelines in treating/assessing patients through systematic screenings and evaluations by health care providers.
- Analyze red flags for differential diagnosis.
- Determine when to refer to other professionals.
- Identify evidence that supports early intervention in the management of torticollis.

## Schedule – Day 1 5:40 pm - 9:00 pm EST (US)

5:40–6:00 Webinar Registration/Zoom Course Opens

6:00–9:00 EST Etiology, Pathophysiology, Incidence

- Safe to Sleep Health Policy Shift
- Changing Symptomatology

Clinical Practice Guidelines

Differential Diagnosis/Red Flags

- AA subluxation
- Brachial Plexus
- VBI
- Ocular Torticollis
- Sandifiers

Clinical Implications

Associated Pathologies/Impairments

- Hip Dysplasia
- Extension Bias/Hypotonia
- Tethered Oral Tissues
- Toe Walking

## Audience

Physical, Occupational & Speech Therapists working in acute care, EI, home health, neurology, NICU, orthopedics and pediatric settings.

## Schedule – Day 2 5:40 pm - 9:00 pm EST (US)

5:40–6:00 Webinar Registration/Zoom Course Opens

6:00–9:00 EST Anatomy Review

- Musculature
- Facial Asymmetry

Developmental Components

Treatment/Movement Components

Visual/Vestibular System

Sensory involvement

## Bundle and Save!

This “Basics” course is recommended BEFORE taking the **NEW COURSE**: *“Torticollis: Comprehensive Strategies for Assessment and Interventions”* taught by Anjali Gupta, offered on:

May 2 and 3, 2025

OR

September 9, 11, 16 and 18, 2025

Purchase the “Basics” course and “Comprehensive Strategies” course at the same time to receive 10% discount!

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## Credits

This course meets the criteria for 6 contact hours (0.6) CEUs, Intermediate Level.



Education Resources Inc. is an AOTA Approved Provider of professional development. This Distance Learning-Interactive course is pending AOTA approval for 6 contact hours 0.6 CEUs. AOTA does not endorse specific course content, products or clinical procedures.

This course can be used toward your NBCOT renewal requirements for 6 units.

Approved provider of the FL Board of Occupational Therapy-CE Broker – 7 hrs. This course meets the approval of the TX Board of OT Examiners.



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Application has been made to the FL Physical Therapy Association for 7 continuing education contact hours. Application has been made to the MD Board of Physical Therapy Examiners. Application has been made to the MN Board of Physical Therapy. Application has been made to the NJ Board of Physical Therapy Examiners. Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 7 contact hours. Application has been made to the Illinois EI Training Program. Approved provider by the NY State Board of Physical Therapy for 7 contact hours (0.7 CEUs).

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

The following state boards of physical therapy accept other states' approval: AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, KY, MA, 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 relicensure: AL, CO, CT, IA, ME, MT, NE, ND, NH, SD, WA.

6 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.

This course meets the criteria for 6 hours that can be applied toward the Neonatal Therapy National Certification.

Please contact us with any special needs requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) | 800-487-6530.

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## Webinar Dates and Times

**April 28 and 30, 2025**

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

Registration is for both 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.



\$199 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**  
**Torticollis: The Basics - What Every Therapist Needs to Know**

**taught by Anjali Gupta**  
**April 28 and 30, 2025**

**Course Registration Form**

Name: \_\_\_\_\_

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

Employer: \_\_\_\_\_

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How did you learn of this course? \_\_\_\_\_

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled.

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