

Torticollis – Beyond the Basics: Improving Postural Alignment, Motor Skills and Feeding Outcomes Through a Multi-Disciplinary Lens

Dana Kizer, MS, OTR/L, BCP

Anais Villaluna, MS, CCC-SLP, BCS-S, CLC

Trisha Thorne, PT, DPT, PCS, c/NDT, CNT, NTMCT

Faculty

Dana Kizer is an occupational therapist, Board Certified in Pediatrics, and has a special interest in feeding as well as sensory processing. She has worked in a variety of pediatric settings including a pediatric hospital, specialty clinic, private practice, and home health. Dana has presented on feeding therapy and interventions nationally and across virtual platforms. Dana is a published author on the subject of pediatric feeding disorders. She currently volunteers her time with Feeding Matters by serving on the Pre-Conference Committee and the Family Advisory Council to help families navigate the complex world of pediatric feeding disorders. In addition to her professional experience with feeding disorders, Dana brings a family perspective to her treatments and teaching experiences as her initial experience with feeding therapy occurred when she would accompany her younger brother to his feeding therapy appointments. She has seen first-hand the difference therapy can make in the lives of patients and their families.

Anais Villaluna, SLPD, CCC-SLP, BCS-S, CLC is a trilingual Speech-Language Pathologist and Board Certified Specialist in Swallowing and Swallowing Disorders. She earned her BS and MS from Texas Woman's University her clinical doctorate from Northwestern University and is a PhD student in Health Services Research at Texas A&M University, focusing on improving the implementation of evidence-based care for pediatric dysphagia.

Anais practices in a variety of pediatric hospital settings, with gastroenterology and otolaryngology teams. Her clinical work is centered on medically complex infants and children with feeding and swallowing disorders, and she is passionate about translating evidence into practice to improve care quality and outcomes.

She has presented nationally and virtually on topics related to pediatric dysphagia, culturally responsive practice, and implementation science, and is a published author in peer-reviewed journals. Anais also holds leadership roles with organizations such as the International Dysphagia Diet Standardisation Initiative (IDDSI) and Feeding Matters. Her work emphasizes interdisciplinary

Faculty continued...

Dr. Trisha Thorne is a licensed physical therapist and Board Certified Clinical Specialist in Pediatric Physical Therapy (PCS). She has over 15 years of expertise in pediatric settings including NICU levels II/III/IV, multi-disciplinary NICU follow-up clinic, hospital inpatient and outpatient settings, home health, and private practice. She is a Certified Neonatal Therapist, Certified Neonatal Touch and Massage Therapist, and Certified Neurodevelopmental Therapist. Trisha specializes in myofascial/manual therapy interventions, treating medically fragile infants; as well as, infants with torticollis and associated postural dysfunctions contributing to gross motor developmental delays and feeding difficulties.

About this Course

Learn important considerations and strategies beyond the basics to utilize when providing intervention to infants and children with torticollis. Torticollis is a complex diagnosis with many interrelated factors which can contribute to, cause or be associated with torticollis. By learning to think critically using a multidisciplinary lens, therapists will be better equipped to provide effective assessment and interventions. Different perspectives will be discussed and considered when implementing a multifaceted and holistic treatment approach. Attendees will be given as well the opportunity to problem solve with the presenters in the areas of developmental milestones, posture, fine/gross motor development and feeding & swallowing skills. By viewing torticollis through a multidisciplinary lens, attendees will gain effective tools to treat the multifaceted aspects of torticollis.

Learning Objectives

- Identify the embryological, neurological, anatomical, physiological, and/or developmental factors that cause, contribute to, and/or result from torticollis.
- Recognize the red flags associated with torticollis that indicate a need for further assessment.
- Relate how torticollis affects infant gross/fine motor, speech and feeding development.
- Choose an appropriate and evidence-based assessment tool to utilize when working with infants, toddlers, and children with torticollis.
- Determine when and why to apply strategies when working with infants and children with torticollis based on presenting impairment and response to intervention.

Disclosures: **Anais Villaluna** receives a salary from Texas Children's Hospital and Feeding and Swallowing Specialists of The Woodlands. She receives a speaking honorarium from Education Resources, Inc. She has a non-financial relationship with IDDSI (International Dysphagia Diet Standardization Initiative) as a US IRG Pediatric Co-Chair, Communication Committee Member. She has a non-financial relationship with Feeding Matters as a volunteer for Digital Outreach Committee. **Dana Kizer** receives a salary from Texas Children's Hospital and Feeding and Swallowing Specialists of The Woodlands. She receives a speaking honorarium from Education Resources, Inc. She has a non-financial relationship with Feeding Matters as a volunteer for Family Advisory Committee. **Trisha Thorne** is the owner of Physical Therapy Developmental Specialists. She receives a salary from Texas Children's Hospital. She receives a speaking honorarium from Education Resources, Inc. She has no

Help your patients achieve better outcomes.

Schedule – Day 1 (US)

9:40 am to 5:00 pm EST

- 9:40-10:00 Webinar Registration/Zoom Course Opens**
- 10:00-1:00 Differentiating Different Types of Torticollis**
- Relation of anatomy & physiology to developmental milestones
 - Assessment of Postural Alignment (IPAT: Infant position Assessment Tool) and AIMS (The Alberta Infant Motor Scale)
 - Differentiating between postural, muscular, SCM nodule
 - RED flags & neurological signs and considerations
- VIDEO CASE ANALYSIS**
- 1:00-1:30 Lunch**
- 1:30-3:30 CASE ANALYSIS: Treatment Strategies**
- RED Flags
- Asymmetrical posturing
 - Abnormal muscle tone
 - Full head lag
 - Retention of primitive reflexes (ATNR)
 - Abnormal movement patterning
 - Containment babies (SNOO and mamaroo Babocush current trends)
- Impacts on development
- Compensatory postures
 - Midline postural control musculature weakness
 - Immature sensory and behavioral organization
 - Visual deficits
- 3:30-3:45 Break**
- 3:45-5:00 Impacts on gross and fine motor development**
- Positioning
 - Stretching
 - Strengthening
- LAB:** Massage techniques, stretching, and functional strengthening play activities
- Midline postural alignment
 - Tummy time and organizational activities with gentle vestibular weight shifts for alerting prior to feeding
 - Upright positioning: activate vestibular, vision, and proprioception to activate postural control system prior to feeding
 - Gas relief interventions
 - Stool evacuation

Schedule – Day 2 (US)

9:40 am to 5:00 pm EST

- 9:40-10:00 Webinar Registration/Zoom Course Opens**
- 10:00-10:30 Impacts on feeding**
- Facial asymmetry
 - Tongue control and coordination
 - Swallowing
- Gastrointestinal RED Flags**
- Reflux
 - Constipation
- 10:30-1:00 CASE ANALYSIS:** Problem solving through case studies
- Key interventions/strategies to improve postural control
 - **DEMO:** treatment strategies (massage, midline postural alignment, vestibular regulation, eliminating containment barriers)
 - **DEMO:** Treatment for GERD (massage, burping strategies)
 - Strategies to increase postural control and muscle tone for feeding
 - **LAB: DEMO** various infant postural control alerting activities; burping strategies; gas relieving posturing)
- Clinical Assessment of Feeding and Swallowing in the Infant, Toddler, or Child with Torticollis
- 1:00-1:30 Lunch**
- 1:30-3:30 Clinical Assessment of Feeding and Swallowing for the Infant, Toddler, or Child with Torticollis**
- Controversial topic: tethered oral tissues
- Clinical swallowing observations
 - Recommendations
- Compensatory Strategies
- Positioning - and why
 - Flow rate changes - why and when
 - Thickening - why and when
- 3:30-3:45 Break**
- 3:45-5:00 Pulling it all together**
- Gross motor
 - Developmental
 - Feeding
- LAB:** Treatment strategies & DEMO
- Positioning strategies
 - Therapeutic handling
 - Feeding interventions
- CASE ANALYSIS:** Problem solving through case studies

ERI: Life-changing learning

You love what you do. Our courses remind you why. As a therapist, you change lives every day – and have your life changed in return. ERI is life-changing learning, for therapists by therapists.

The ERI Advantage

- Techniques you'll use the next day
- Peers who share your passion
- Renowned faculty
- Evidence-based courses that improve outcomes
- 30 years of life-changing learning

Specialty Tracks

Learn with courses throughout the lifespan – neonatal, pediatric, adult and geriatric. Each ERI specialty track is designed to make the most of your continuing education time, budget, and goals. Start your search with us and plan every course you'll take in 2025.

ERI Rewards*

Your ERI experience is more rewarding than ever:

- First course discount
- Bring a friend savings
- Group discounts
- \$100 off your 4th multi-day course

*Subject to availability. Exclusions may apply. Visit our website for details and coupon codes.

Visit educationresourcesinc.com

for all your 2025 course needs.

Credits

Continuing Education hours for disciplines not listed below: 12.5 contact hours (1.25 CEUs). Intermediate level.



Education Resources Inc. is an AOTA Approved Provider of professional development. Course approval ID# 08768. This Distance Learning-Interactive Course is offered at 12.5 contact hours 1.25 CEUs, Intermediate level, OT Service Delivery & Foundational Knowledge. AOTA does not endorse specific course content, products or clinical procedures.

This course can be used toward your NBCOT renewal requirements for 12.5 units. Approved provider for the **FL** Occupational Therapy Association CE Broker for 15 CE Hours. This course meets the approval of the **TX** Board of OT Examiners.



Education Resources, Inc.
Intermediate level
1.25 ASHA CEUs

ASHA CE Provider (Intermediate level) 1.25 ASHA CEUs. ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures.

ASHA credits are accepted by the **TX** Department of License and Renewal.

Approved by the **FL** Physical Therapy Association for 15 CE Hours.

Approved by the **MD** Board of Physical Therapy Examiners.

Approved by the **MN** Board of Physical Therapy.

Approved by the **NJ** State Board of Physical Therapy Examiners.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 15 contact hours.

Application has been made to **Illinois** EI Training Program. Approved provider by the **NY** State Board of Physical Therapy for 15 contact hours (1.5 CEUs). Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

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 re-licensure: **AL, CO, CT, IA, 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. Please contact us with any special-needs requests: info@educationresourcesinc.com or 800-487-6530. Education Resources Inc. 266 Main St, Suite 12, Medfield, MA 02052.

WEBINAR DATES AND TIMES

November 8 and 9, 2025

9:40am EST • 8:40am CST • 7:40am MST • 6:40am PST

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 webinar.



\$389 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. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

WEBINAR: Torticollis – Beyond the Basics: Improving Postural Alignment, Motor Skills and Feeding Outcomes Through a Multi-Disciplinary Lens

Dana Kizer, MS, OTR/L, BCP
Anais Villaluna, MS, CCC-SLP, BCS-S, CLC
Trisha Thorne, PT, DPT, PCS, c/NDT, CNT, NTMCT

☐ **November 8 and 9, 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: _____

Discipline: _____ Specialty: _____

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.

☐ I have read your refund policy above and understand.

Cardholder's name & billing address with zip code if different from above:

Signature _____

Amount charged _____

I hereby authorize you to charge my: ☐ VISA ☐ MC ☐ DISCOVER# _____

Register at educationresourcesinc.com