

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

- Choose evidenced based treatment regimens for torticollis.
- Utilize a comprehensive systems approach to evaluate a child with torticollis.
- Implement strategies to cultivate parent/caregiver's understanding of torticollis' global impact and compliance with the HEP/follow-up recommendations.
- Establish individualized treatment plans including dosing based on severity.
- Integrate vision and vestibular assessment and treatment in the management of torticollis.
- Apply assessment and treatment strategies to treat the flexible bony misalignment.
- Relate upper cervical spine alignment to tight oral tissues.
- Apply interventions to improve postural symmetry in a child with torticollis to facilitate improved feeding, participation in play, and/or functional mobility.

Help your patients achieve better outcomes.

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

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

6:00–9:00 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 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!

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 throughout the lifespan – Neonatal, Pediatric, Adult, 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
- Group Discounts
- \$100 off your 4th Multi-day Course
- And more

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

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. Course approval ID# 12298. This Distance Learning-Interactive course is offered at 6 contact hours 0.6 CEUs. (Intermediate Level, OT Service Delivery & Foundational Knowledge). AOTA

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.



Education Resources Inc.
Intermediate level
0.6 ASHA CEUs.

ASHA CE Provider (Intermediate level) 0.6 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.

Application has been made to the FL Physical Therapy Association for 7 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 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 re-licensure: 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 | 800-487-6530.

Education Resources Inc. 266 Main St, Suite 12, Medfield, MA 02052 • 800-487-6530

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: _____

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# _____

Exp. Date _____ CVV2 Code _____

Register at educationresourcesinc.com