

Torticollis: Comprehensive Strategies for Assessment and Interventions



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.

Financial Disclosure: Anjali Gupta receives an honorarium from Education Resources, Inc. **Non-Financial Disclosure:** Anjali Gupta has no non-financial relationships to disclose.

About this Live Webinar

In this interactive NEW course, we will take a more in depth look at assessment of children with torticollis and integrate different treatment approaches. 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. Learning opportunities 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

- 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 - 10:00 pm EST (US)

- 5:40–6:00 Webinar Registration/Zoom Course Opens
6:00–8:30 Assessment
Taking A History – Why it Matters
- Maternal Factors
 - Medical/Surgical Factors
- Systems Assessment
- Musculoskeletal Alignment
 - Head/Neck
 - UE/Shoulder Complex
 - Rib Cage Alignment and Breathing Patterns
- 8:30-8:45 BREAK
8:45-10:00 Assessment (con't)
- Spine (MFS, palpation, range of motion scales)
 - Pelvis
 - Tibia/Foot
 - Breathing Patterns
 - Vision
 - Vestibular
 - Behavioral Cues
 - VBI Testing

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

- 5:40-6:00 Webinar Registration/Zoom Course Opens
6:00-8:00 Case Studies
Interventions: Clinical Pathways/
Protocols/Outcomes
- Normal Development
 - Labs
 - Manual Stretching
 - Alignment (OA Release, Coccyx, O-C2 Distraction)
 - Spine, pelvis, wrist, navicular
- 8:00-8:15 BREAK
8:15-10:00 Labs (con't)

Schedule – Day 2 (con't)

- 8:15-10:00 Labs (con't)
- Scar Tissue if Present
 - Fascial Correction (KT, Skin Rolling, MFR)
 - Functional Range of Motion

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

- 5:40-6:00 Webinar Registration/Zoom Course Opens
6:00-8:30 Labs (continued)
- Trigger Points
 - Vision
 - Vestibular
- 8:30-8:45 BREAK
8:45-10:00 Labs (continued)
- Functional Strengthening

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

- 5:40-6:00 Webinar Registration/Zoom Course Opens
6:00-8:00 Positioning/Including NICU
Botox/Surgical Intervention
HEP for Caregivers
- 8:00-8:15 BREAK
8:15-10:00 Pulling it All Together
- Case Studies

Audience

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

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 2026.

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 2026 course needs.

Credits

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

To receive a certificate of completion all registered attendees are required to attend and participate fully in all applicable course activities (i.e., labs, discussions, group work, polls, post-tests with passing grade of 80% or greater etc.) and complete the evaluation form.



Education Resources, Inc. is an AOTA Approved Provider of professional development. Course approval ID# 12300. This Distance Learning-Interactive course is offered at 15 contact hours 1.5 CEUs. Intermediate level, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.

This course can be used toward your NBCOT renewal requirements.

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



Education Resources, Inc.
Intermediate level
1.5 ASHA CEUs.

ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products, or clinical procedures. SLPs that require ASHA must submit your [ASHA participant form to ERI](#). ASHA credits are accepted by the TX Department of License and Renewal.

Application has been made to the FL Physical Therapy Association for 18 continuing education contact hours. Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors.

Approved by 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.

Approved provider by the NY State Board of Physical Therapy.

Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, NM, OK, and TX**; the assignment does not imply endorsement of specific course content, products, or clinical procedures for these.

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**.

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

Webinar Dates and Times

May 4, 6, 11, and 13, 2026

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

Registration is for four 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.



\$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. We encourage you to register online!

WEBINAR
Torticollis: Comprehensive Strategies for Assessment and Interventions

taught by Anjali Gupta

May 4, 6, 11, and 13, 2026

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 _____