

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.

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 In-Person Course

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 7:30 am - 5:00 pm EST (US)

- 7:30-8:00** Registration
- 8:00-10:30** 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
 - Spine (MFS, palpation, range of motion scales)
 - Pelvis
 - Tibia/Foot
 - Breathing Patterns
 - Vision
 - Vestibular
 - Behavioral Cues
 - VBI Testing
- CASE ANALYSIS
- 10:30-5:00*** Interventions: Clinical Pathways/Protocols/Outcomes
- Normal Development
 - Labs
 - Manual Stretching
 - Alignment (OA release, coccyx, O-C2 distraction)
 - Spine, pelvis, wrist, navicular
 - Scar Tissue if Present
 - Fascial Correction (KT, skin rolling, MFR)
 - Functional Range of Motion

*there will be a 1 hour lunch break from 12:00-1:00

Schedule – Day 2 7:30 am - 5:00 pm EST (US)

- 7:30-8:00** Registration
- 8:00-10:30** Labs continued
- Trigger Points
 - Functional Strengthening
 - Vision
 - Vestibular
- 10:30-5:00*** Documentation
- Positioning/Including NICU
- Botox/Surgical Intervention
- Pulling it all Together
- Case Studies

*there will be a 1 hour lunch break from 12:00-1:00

Audience

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

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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 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.



Education Resources, Inc.
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1.5 ASHA CEUs

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Approved by the MD Board of Physical Therapy Examiners.

Approved by 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 18 contact hours.

Application has been made to the Illinois EI Training Program.

Approved provider by the NY State Board of Physical Therapy for 18 contact hours (1.8 CEUs).

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.

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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.

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

Course Dates and Times

April 25 and 25, 2026 7:30 am

Sutter Health

Mills-Peninsula Medical Center

1501 Trousdale Drive, Auditorium 1

Burlingame, CA



\$475 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!

**In-Person Course
Torticollis: Comprehensive Strategies for Assessment and Interventions**

taught by Anjali Gupta
 April 25 and 26, 2026
Burlingame, CA

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.

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