Plagiocephaly:

Assessment and Treatment of Infants and Toddlers

Anjali Gupta, PT, MSPT, CLT

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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

Learning opportunities for therapists and medical professionals involved in pediatrics will transpire through lecture, case reports, group problem solving, video review. The extensive use of pictures and videos throughout the four hours will allow participates to problem solve head shape providing functional ways to evaluate and treat. The presentation will provide evidence-based clinical pathways for management of infant head shape. Differential diagnosis that may lead to head shape differences will be explored. Discussion will concentrate on progressive, effective evaluation and treatment schemes for infants with a diagnosis of plagiocephaly, including challenging cases. Current research and recommendations pertaining to the implications of plagiocephaly and increased use of positional devices will be discussed and incorporated. Red flags for related early infancy and preschool consequences will be appraised. Emphasis on home exercise programs, effective strategies, and long-term follow-up to team with parents will be explored.

Objectives

- Identify three research studies that address the management, prevention and/or treatment of head shape (including helmet criteria) for the diagnosis of plagiocephaly in children.
- Choose a treatment strategy that incorporates current research findings and addresses the child's functional goals.
- Recognize the possibility that plagiocephaly/brachycephaly is preventable or can be less impactful to the child and family with early parent education and early referral.
- Choose two treatments that reduce or prevent plagiocephaly / brachycephaly in children.
- Identify three facilitators and three barriers to helmet treatment.

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Schedule Day 1 5:40 pm EST (US)

5:40–6:00	**Webinar Registration/Zoom Course Opens**
6:00-8:00	Anatomy Craniosynostosis: Differential Diagnosis Cranial Asymmetries Assessment Treatment/Helmet Criteria
8:00-10:00	Potential Long-Term Outcomes Case Reviews Facial Asymmetry Questions/Answers

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AUDIENCE

This course is designed for Physical, Occupational, and Speech Therapists; Nurses, including NICU, Nurse Practitioners, Orthotists, Physician Assistants, and Physicians

INSTRUCTIONAL LEVEL

As defined by the APTA; Intermediate – Assumes that participants have a general familiarity with topic (associated diagnosis of torticollis and the environmental changes on head shape). The focus is on increased understanding of differential diagnosis

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This course meets the criteria for 4 contact hours (0.4) CEUs, Intermediate Level.

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TX SLP - ASHA credits are accepted by the Texas Department of License and Renewal.

FL PT (FPTA) - Application has been made to the Florida Physical Therapy Association for 4.5 continuing education contact hours. Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. **MD PT** - Approved by the Maryland Board of Physical Therapy Examiners. **MN PT** – Approved by to the Minnesota Board of Physical Therapy.

NJ PT - Application has been made to the New Jersey Board of Physical Therapy Examiners.

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NDTA - 4 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.

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Webinar Dates and Times

September 23, 2026

5:40 pm EST • 4:40 pm CST • 3:40 pm MST • 2:10 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.

Register at educationresourcesinc.com

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WEBINAR: Plagiocephaly: Assessment and Treatment of Infants and Toddlers

Anjali Gupta, PT, MSPT, CLT

❑ September 23, 2026

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