

# Torticollis: Assessment & Treatment of Infants & Children:

## “Impact on the Movement System of Infants & Beyond”

Cindy Miles PT, PHD, PCS, CDNT



### Faculty

Cindy Miles, PT, PhD, PCS, CNDT established her pediatric private practice in 1981. Dr. Miles is a graduate of the University of Pittsburgh, School of Health-Related Professionals and East Stroudsburg University with a Master of Education in exercise physiology. She also holds a PhD in Pediatric Science from the Rocky Mountain University of Health Professions. Her doctoral research was on potential risk factors related to the diagnosis of Torticollis. She is Board Certified by the American Board of Physical Therapy Specialties as a Pediatric Clinical Specialist, specializing in treating children from birth through to young adults. Cindy completed the eight-week Pediatric NeuroDevelopmental training course and the Advanced Infant course. Dr. Miles is serving as President of the Academy of Pediatric Physical Therapy (APPT) and is presently the Co-Chair and Meeting Planner for the Academy's Annual Conference (APPTAC). Dr. Miles presents nationally on pediatric private practice and reimbursement as well as nationally and internationally on Torticollis, Plagiocephaly, and Fitness for All Abilities. She has published in peer review journals and books on topics related to pediatric physical therapy. [www.cindymiles.com](http://www.cindymiles.com) or [www.traintotriumph.com](http://www.traintotriumph.com). *Disclosure: Financial: Cindy Miles receives an honorarium from Education resources for this course. Non-Financial: She has no nonfinancial relationships to disclose.*

### About this Course

This dynamic evolving course will concentrate on progressive, effective evaluation and treatment schemes for infants and young children with a diagnosis of torticollis, including challenging cases. The course is designed to provide therapists with current research and recommendations pertaining to the implications of torticollis, sleep posture and increased use of positional devices on infant postural and motor development. Current evidence-based clinical pathways and guidelines for management of torticollis and related movement impairments, including Clinical Practice Guidelines from APTA - Academy of Pediatric Physical Therapy, will be incorporated. Red flags for related early infancy and preschool diagnoses will be appraised. 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. Diagnostic procedures and surgical intervention will be reviewed. Recommendations for follow-up and secondary specialist consultations will be presented. Emphasis on home exercise programs, effective strategies, and long-term follow-up to team with parents will be explored throughout both days. Learning opportunities for therapists and medical professionals involved in pediatrics 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

- Identify the incidence, etiology and pathophysiology of torticollis and discuss the importance of early identification and early referral through systematic screenings and evaluations by health care providers
- Identify the impact of torticollis on movement and associated body structures and function.
- Problem solve current evidenced based treatment regimens for torticollis
- Explain the relationship of “the change in sleep posture,” effects of increased positional devices, and environmental influences on postural and musculoskeletal development
- Relate current research and recommendations pertaining to SIDS and the efficacy of back to sleep
- Collaborate and cultivate parent/caregiver’s understanding of the child’s health condition, interventions, and compliance to home education/therapy program. and follow-up recommendations.
- Establish individualized goals and incorporate family centered evidenced based treatment regimens as part of their home education/therapy program.

Help your patients achieve better outcomes.

## Schedule – Day 1

- 10:00-12:00** Etiology, Pathophysiology, Incidence  
**Lab**  
 SIDS Research  
 Health Policy Shift  
 Sleep Position  
 Changing Symptomatology/Clinical Implications  
 Health Policy Shift-Impact on Development/Compensatory Postures
- 12:00-12:15** Break
- 12:15-2:00** Anatomy Review  
 Differential Diagnosis  
 Associated Pathologies/Impairments  
 Ocular Torticollis  
 GERD  
 Hip Dysplasia  
     Extension Bias/Hypotonia  
     Toe Walking
- 2:00-2:30** Lunch
- 2:30-2:30** Developmental Components  
 Treatment/Movement Components  
 MuVision Development
- 4:30-4:45** Break
- 4:45-6:00** Assessment  
 Documentation

## Audience

Physical, Occupational & Speech Therapists; Nurses, including NICU, Nurse Practitioners, Orthotists, Physician Assistants, and Physicians

## Schedule – Day 2

- 10:00-12:00** Goal Planning  
 HEP  
 Treatment Indicators  
 Facial Asymmetry
- 12:00-12:15** Break
- 12:15-2:00** Treatment:  
     Outcomes  
     Clinical Pathways/Protocols/  
     Manual Stretching/Functional Range of Motion (Lab)  
     Functional Strengthening  
     Functional Play
- 2:00-2:30** Lunch
- 2:30-4:30** Treatment: (continued)  
 Problem Solving Participant Cases  
 Positioning/Including NICU  
 Taping/Tot Collar
- 4:30-4:45** Break
- 4:45-6:00** COVID-19/Telehealth/Tele-Intervention  
 Clinical Decision Making/Follow-up  
 Botox  
 Surgical Intervention  
 Related Infant Trends  
 Summary/Conclusions

Don't miss Cindy Miles' 4-hour Webinar on December 7  
**“Plagiocephaly: Assessment & Treatment of Infants & Toddlers”**

Register for BOTH courses and receive a \$75 discount.  
 (Discount code provided on registration receipt.)

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## Credits

This course meets the criteria for 14 contact hours (1.4) CEUs, Intermediate Level. Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Application has been made to the **KY, MD, MN, NM, NJ, NV** and **OK** Boards of Physical Therapy.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 16.5 contact hours. Application has been made to **IL** EI Training Program. Approved provider by the **NY** State Board of Physical Therapy for 16.8 contact hours (1.68 CEUs). Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA**, and **TX**. The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, 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, MA, ME, MT, NE, ND, NH, SD, WA**.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

This course meets the approval for type 2 CEUs by the **TX** Board of OT Examiners. Approved provider of the **FL** Board of Occupational Therapy-CE Broker 16.5 hours.

This course meets the approval of the **TX** Board of OT Examiners.

NBCOT professional development provider – 14 PDUs.

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](mailto:info@educationresourcesinc.com) or 508-359-6533

## Webinar Dates and Times – 2020

December 4 • December 5, 2020

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

Registration is for both sessions. Log-In Instructions and Course Materials will be emailed/added to your ERI account 1 week prior to the first date of the Webinar



\$369 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: Assessment & Treatment of Infants & Children:  
"Impact on the Movement System of Infants & Beyond"  
Cindy Miles PT, PHD, PCS, CDNT**

**December 4-5, 2020**

**Course Registration Form**

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Needed in the event of an emergency scheduling change

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Please clearly print your email address for course confirmation

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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.

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