

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.

About this ON-DEMAND Course

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 the late [Cindy Miles](#).*

Learning Objectives

- Identify the factors contributing to torticollis in infants.
- Utilize the 2024 Clinical Practice Guidelines in treating/assessing patients through systematic screenings and evaluations.
- Analyze red flags for differential diagnosis.
- Determine when to refer to other professionals.
- Identify best practice to maximize torticollis outcomes.

Audience

Help your patients achieve better outcomes.

ON-DEMAND Schedule

PART 1: 3hrs

1 hour

- Intro
- Etiology, Pathophysiology, Incidence
- Clinical Practice Guidelines

1 hour

- Differential Diagnosis/Red Flags
 - Clinical Implications

1 hour

- Associated Pathologies
 - GI
 - Hypotonia/Extension Bias
 - Scalp Instability
 - Tethered Oral Tissues
 - Altered Tone
 - Headaches
 - Feeding issues

ON-DEMAND Schedule – (continued)

PART 2: 2.5hrs

30 min

- Associated Pathologies Continued with hip dysplasia, Ribcage, Facial/TMJ

30 min

- Anatomy Review
- Musculature

90 minutes

- Developmental Components
- Visual/Vestibular
- Treatment/Movement Components
- Sensory Involvement
- Putting it all together, Questions, Closing

(Includes 10 minutes for post test questions)

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Credits

This course meets the criteria for 5.5 contact hours (0.55 CEUs) Intermediate Level.



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This course can be used toward your NBCOT renewal requirements for 5.5 units.



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This course has been approved by the MD State Board of Physical Therapy Examiners for 5.5 Continuing Education Hours. Approved by the MN Board of Physical Therapy. Approved by the NJ State Board of Physical Therapy Examiners for 5.5 CEC's. Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 6.5 contact hours. The IL Early Intervention Training Program has approved this event for 5.5 hours of EI credential credit in the area of Intervention. Approved provider by the NY State Board of Physical Therapy for 6.5 contact hours (0.65 CEUs). Education Resources is an approved agency by the PT Board of CA for 5.5 contact hours. This activity is provided by the TX Board of PT Examiners accredited provider #2210017TX for 5.5 CCUs and meets continuing competence requirements for PTs and PTAs licensure renewal in TX. Approved Provider for OK State Board of Medical Licensure & Supervision #BAP202310003. Approved Provider by the NM Board of Physical Therapy for 5.5 CE Hours 5.5 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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