

# 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 On-Demand Course

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.

## Learning 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.

## ON-DEMAND Schedule

(11 hours including Post-Test)

11 Contact Hours | 1.1 CEUs

3.5 hours

### 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

- Case Studies

## ON-DEMAND Schedule - continued

3.5 Hours

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
  - Trigger Points
  - Functional Strengthening
  - Vision
  - Vestibular
  -

3.5 Hours

Questions/Case Studies/break out groups

Documentation

Positioning/Including NICU

Botox/Surgical Intervention

Pulling it all Together

30 minutes

Post Test

## Bundle and Save!

It is recommended to take [Torticollis: The Basics-What Every Therapist Needs to Know - ON-DEMAND](#) with Anjali Gupta prior to taking this course

Take the two courses together as a series for \$399!

## More On-Demand Courses for Your Learning Convenience!

### Let's Get Walking! Gait in Pediatrics - \$299

Instructor: Suzanne Davis  
Bombria, PT, C/NDT - 10 Contact Hours

### Pediatric Vestibular Therapy: Young Children Through Adolescents - \$329

Instructor: Inger Brueckner MS,  
PT - 14 Contact Hours

### Toe Walking: In-Depth Series - \$399

Instructor: Liesa M. Ritchie, PT,  
DPT, PCS, CKTP - 17 Contact Hours

### Toe Walking: Evaluation and Treatment of Pediatric Equinus Gait - \$279

*part of Toe Walking: In-Depth Series ON-DEMAND* - 10 Contact Hours

### Toe Walking: In-Depth Clinical Applications - \$229

*part of Toe Walking: In-Depth Series ON-DEMAND* - 7 Contact Hours

### Ambulation, Activity and AFOs: Addressing the Ankle to Improve Gait and Function - \$299

Instructor - Amanda Hall, PT,  
MPT, PCS - 11 Contact Hours

### Primitive Reflexes: Strategies to Promote Integration - Strengthening Foundational Skills - Online Series - \$299

Instructor: Janine Wiskind, MS,  
OTR/L, CBIS - 11 Contact Hours

This course meets the criteria for 11 contact hours (1.1) CEUs, Intermediate Level.



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This course can be used toward your NBCOT renewal requirements for 11 units.  
Approved provider of the FL Board of Occupational Therapy-CE Broker - 13 hrs.



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Intermediate level  
1.1 ASHA CEUs

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Application has been made to 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 for 13 contact hours. Application has been made to The Illinois Early Intervention Training Program.

Approved provider by the NY State Board of Physical Therapy for 13 contact hours (1.3 CEUs). Education Resources is an approved agency by the PT Board of CA for 11 contact hours. This activity is provided by the TX Board of PT Examiners accredited provider #2210017TX for 11 CCUs and meets continuing competence requirements for PTs and PTAs licensure renewal in TX. Approved Provider by the New Mexico Board of Physical Therapy for 11 CE Hours. Approved Provider for OK State Board of Medical Licensure & Supervision #BAP202310003.

11 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.

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](mailto:info@educationresourcesinc.com) | 800-487-6530.

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