Torticollis & Plagiocephaly: Assessment & Treatment of Infants & Children
“Pulling it Together”

This dynamic evolving course will concentrate on progressive, effective evaluation and treatment schemes for infants and young children with a diagnosis of torticollis with or without plagiocephaly, 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, movement impairments and infant head shape, including Clinical Practice Guidelines from APTA - Academy of Pediatric Physical Therapy, will be discussed and 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, patient demonstration 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.

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

Learning Objectives:
Upon completion of this course, participants will be able to:

1. Identify the incidence, etiology and pathophysiology of torticollis and discuss the importance of early identification and early referral through systematic screenings and evaluations by healthcare providers.
2. Identify the impact of torticollis on movement and associated body structures and function.
3. Problem solve current evidenced based treatment regimes for torticollis.
4. Identify the impact on head shape that may be present with a diagnosis of torticollis.
   a. Discuss guidelines, available research and problem solve solutions to manage including helmet criteria and treatment.
5. Discuss the relationship of “the change in sleep posture,” effects of increased positional devices, and environmental influences on postural development.
6. Relate current research and recommendations pertaining to SIDS and the efficacy of back to sleep a. Review diagnoses related to the health policy change.
7. 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.
8. Establish individualized goals and incorporate family centered evidenced based treatment regimes as part of their home education/therapy program.

Faculty Description:
Having served the pediatric population since 1977, 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). She held the titles of APPT Treasurer, Treasurer Elect and pediatric sports, fitness SIG chair. 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 or www.traintotriumph.com
PLAGIOCEPHALY AND TORTICOLLIS
CINDY MILES  February 1-2, 2020

Registration Form

Name: ___________________________________________ Phone #: ____________
________________________________________________ Address: _______________________
________________________________________________ Email Address: _______________________

Payment

Name: ___________________________________________ Credit Card #: __________
Expiry date (mm/yy): __________ Signature: ____________________________

Internet payment is also available - please email physio.deb@hotmail.com

REGISTRATION DEADLINE:

Cost: Early bird (before December, 2019) $700.00 (This fee includes course manual, lunch and snacks)
After December 1, 2019 - $750.00

Time: 8:30 - 5:30 pm daily

35 Participant Max

Location: Sandman Signature Edmonton South Hotel, 10111 Ellerslie Rd SW, Edmonton, Alberta, (780) 430-7263

Accommodations: A block of rooms have been reserved at a discounted rate at the Sandman Signature Edmonton South Hotel. Please contact Deb Humphries for the required code.

Please fax registration form to Dawson Creek Physiotherapy Clinic - Fax: 250-782-3734

Send cheque payable to NEORC to:
Dawson Creek Physiotherapy Clinic,
10500 10th St,
Dawson Creek, BC, V1G 3T9 Phone: 250-782-3736

Course Cancellation policy: Cancellations prior to December 1, 2019 will be refunded the registration less $50 administration fee. No refunds accepted December 1, 2019, or later.
**Course Schedule**

### Day 1

8:00 - 8:30 Registration
8:30 - 10:30 Etiology, Pathophysiology, Incidence Lab

SID's Research

Health Policy Shift
Sleep Position

Changing Symptomatology/Clinical Implications

Health Policy Shift-Impact on Development/Compensatory Postures

10:30 - 10:45 Break

10:45 - 12:30 Anatomy Review
Differential Diagnosis
Associated Pathologies/Impairments

- Ocular Torticollis
- GERD
- Hip Dysplasia
- Extension Bias/Hypotonia
- Toe Walking

Lab

12:30 - 1:30 Lunch

1:30 - 3:15 Developmental Components
Treatment/Movement Components

- Vision Development
- Assessment
- Documentation
- Goal Planning
- HEP

3:15 - 3:30 Break

3:30 - 5:30 Treatment Indicators

### Day 2

7:30 - 8:00 Registration

8:00 - 10:00 Plagiocephaly/Craniosynostosis

- Anatomy
- Etiology/Incidence
- Assessment
- Treatment
- Helmet Criteria
- Outcomes
- Case Reviews

Facial Asymmetry

10:00 - 10:15 Break

10:15 - 12:00 Treatment:

- Clinical Pathways/Protocols/Outcomes
- Manual Stretching/Functional Range of Motion (Lab)
- Functional Strengthening
- Functional Play

12:00 - 1:00 Lunch

1:00 - 3:00 Treatment: (continued)

- Manual Techniques
- Problem Solving Participant Cases
- Positioning/Including NICU
- HEP
- Taping (Lab)/Tot Collar

3:00 - 3:15 Break

3:15 - 5:00 Case Reviews

Clinical Decision Making/Follow-up

Botox

Surgical Intervention

Related Infant Trends

Summary/Conclusions