

Course Overview

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 pre-school 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.

Course Objectives

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

1. Identify the 3 etiologic factors of torticollis
2. Discuss the pathophysiology of torticollis
3. Discuss 3 reasons why early identification is important
4. Identify at least 2 ways torticollis impacts the movement system
5. Discuss the current clinical practice guidelines for torticollis
6. Identify the impact torticollis has on head shape
7. Discuss helmet criteria to manage plagiocephaly
8. Discuss 2 aspects of the relationship of sleep posture on postural development
9. Discuss the effect back to sleep has had on SIDS
10. Given a case scenario of an infant with torticollis, distinguish which health policy change had the greatest impact
11. Given a case scenario of an infant with torticollis and plagiocephaly, propose a plan to cultivate parent/caregiver's understanding of the child's health condition
12. Given a plan of care for an infant with torticollis and plagiocephaly, propose a plan to cultivate parent/caregiver's adherence.
13. Given a case scenario for an infant with torticollis and plagiocephaly, propose family-centered education that integrates the concepts of how torticollis impacts the movement system.
14. Given a case scenario for an infant with torticollis and plagiocephaly, propose a family-centered plan of care.
15. Given a case scenario of a toddler with torticollis, formulate 3 individualized outcome goals.

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

Physical Therapy at St. Luke's Course Registration

Torticollis & Plagiocephaly: Impact on the Movement System of Infants & Beyond

September 13-14, 2019

Registration Fee: \$500

Register by phone or mail.

Name _____ Degree ___ License# _____

Address _____

City _____ State _____ Zip _____

Daytime phone _____ Email _____

Registration deadline is 5 days prior to course date.

For Questions Or to Register By Phone:
Call: (484) 426-2544

To Register by Mail:
Physical Therapy at St. Luke's
501 Cetronia Rd.
Allentown, PA 18104

Credits:

Pending approval by FSBPT ProCert
Must complete self-assessment to earn credit

Cancellation Policy: Requests for cancellation must be received in writing by fax or mail ten (10) days prior to the seminar in order to receive a refund less a \$20.00 administrative charge per canceled attendee. If the cancellation is made within ten days or less, refunds will not be granted for any reason; instead, credit will be given equal to the amount paid that may be used toward the purchase of any course offered by Physical Therapy at St. Luke's.

Course Schedule

Day 1

8:00-8:30	Registration
8:30-10:30	Etiology, Pathophysiology, Incidence
10:30-10:45	Break
10:45-12:30	Differential Diagnosis
12:30-1:30	Lunch
1:30-3:15	Developmental Components
3:15-3:30	Break
3:30-5:30	Treatment Indicators

Day 2

7:30-8:00	Registration
8:00-10:00	Plagiocephaly/ Craniosynostosis
10:00-10:15	Break
10:15-12:00	Treatment Planning 1
12:00-1:00	Lunch
1:00-3:00	Treatment Planning 2
3:00-3:15	Break
3:15-5:00	Clinical Decision Making



Presents

Torticollis & Plagiocephaly: Impact on the Movement System of Infants & Beyond

**Friday-
Saturday
Sept. 13-14
2019
Bethlehem, PA**

Course Presenters

Cindy Miles, PT, PhD, PCS, CNDT

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. Dr. Miles 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