

Torticollis & Plagiocephaly: Assessment & Treatment of Infants & Children.
Evidence & The “Rest of the Story”

Presented by:
Cindy Miles , PT, PhD. PCS, C/NDT

March 16-18, 2018
Texas Children's Hospital
www.texaschildrenshospital.org/pmr

Texas Children’s Health Center
Texas Children’s West Campus

Course Location:
Texas Children’s West Campus
I-10 and Barker Cypress
18200 Katy Freeway
Houston, TX 77094

Course Description:

This dynamic evolving course will concentrate on progressive, effective 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 and infant head shape, including Clinical Practice Guidelines from APTA - Section on Pediatrics, 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 and effective strategies to team with parents will be explored.

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 3 days of intensive course materials will allow participants to problem solve and identify movement and tissue impairments related to the diagnosis of torticollis.

Objectives:

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 health care 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 and 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.

Schedule:

Day 1

8:00 - 8:30	Registration
8:30 - 10:30	Etiology, Pathophysiology, Incidence
	SIDS 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	Differential Diagnosis Associated Pathologies/Impairments Ocular Torticollis GERD Hip Dysplasia Lab: Small Group Work Anatomy Review Extension Bias/Hypotonia Toe Walking
12:30 - 1:30	Lunch
1:30 - 3:15	Developmental Components Vision Development Assessment
3:15 - 3:30	Break
3:30 - 5:30	Lab: Problem Solving Videos Assessment Small Group: Documentation/Goal Planning

Day 2

8:00 - 8:30	Registration
8:30 - 10:30	Plagiocephaly/Craniosynostosis Anatomy Etiology/Incidence Assessment Treatment Helmet Criteria Outcomes Case Reviews Facial Asymmetry
10:30 - 10:45	Break
10:45 - 12:30	Treatment Indicators
12:30 - 1:30	Lunch
1:30 - 3:15	Evaluation - Live Demo
3:15 - 3:30	Break
3:30 - 5:30	Treatment (including Lab): Clinical Pathways/Protocols/Outcomes Manual Stretching/Functional Range of Motion (Lab) Functional Strengthening Functional Play

Day 3

8:00 - 8:30	Registration
8:30 - 10:30	Treatment (including Lab): Manual Techniques Problem Solving Participant Cases Positioning HEP Taping (Lab)/Tot Collar
10:30 - 10:45	Break
10:45 - 12:00	Lab Practicum
12:00 - 12:30	Lunch
12:30 - 2:30	Case Reviews Clinical Decision Making/Follow-up Botox Surgical Intervention Related Infant Trends Insurance Trends Summary/Conclusions

About The Instructor:

Cindy Miles, PT, PhD. PCS, CNDT established her pediatric private practice in 1981 after serving the pediatric population since 1977. Cindy is a graduate of the University of Pittsburgh, School of Health Related Professionals, East Stroudsburg University with a Master of Education in exercise physiology and Rocky Mountain University of Health Professions with a PhD in Pediatric Science. Her doctoral research was potential risk factors related to the diagnosis of torticollis. Cindy is Board Certified by the American Board of Physical Therapy Specialties as a Pediatric Clinical Specialist, specializing in treating children; birth thru young adults. Cindy has completed the eight week Pediatric NeuroDevelopmental training course and the Advanced Infant course. Presently, Cindy serves as Chair of the Section on Pediatrics Annual Conference (SoPAC), "Goofy for Exercise" Committee, is a member of the Section on Pediatrics' Task Force on Guidelines for Exercise for Children, and is Treasurer of Section on Pediatrics' IV Step Committee. Cindy served as the SOP Treasurer 2008 through 2013 and Treasurer elect 2007-2008. She has presented nationally on Torticollis and Plagiocephaly, as well as nationally and internationally on Fitness for All Abilities including at WCPT

www.cindymiles.com or www.traintotriumph.com.

Registration Form:

Torticollis and Plagiocephaly : Please include check or credit card # with registration form and mail or fax to: Texas Children's Hospital Physical Medicine & Rehab, 6621 Fannin MC: WT21-329, Houston, Texas 77030 Attn: Mitzi Wiggin.

Course Fee: \$550.00

Fee includes: Tuition, materials and refreshments

Course Location: Texas Children's West Campus
I-10 and Barker Cypress
18200 Katy Freeway
Houston, TX 77094

Hotel Accommodations: Residence Inn Marriott
1550 Barker Cypress, Houston, Texas 77084
Rate: \$89.00
Contact: Marco Gonzalez 281-829-2600

713-577-1230

Website Registration: <http://www.texaschildrens.org/health-professionals/education/pmr>

20.15 contact hours or CCU's have been applied for this course through TPTA and TOTA. Texas Children's Hospital is an Approved Provider for the Texas Occupational Therapy Association. The

assignment of TOTA CE hours does not imply endorsement of specific course content, products or clinical procedures by TOTA.

Contact: Mitzi Wiggin

Phone: 832-826-6311

Fax: 832-825-0128

e-mail: courseregistration@texaschildrens.org

Registration form