



**Easterseals DuPage & Fox Valley**

**Presents...**

# **Torticollis: Advanced Treatment of Infants & Children**

Presented by Cindy Miles, PT, PhD. PCS, CNDT & Andrew Sutphin, DPT

## **Dates & Location:**

**Saturday, January 12th, 2019**  
at  
**Easterseals DuPage & Fox Valley**  
**830 S. Addison Ave.**  
**Villa Park, IL 60181**

## **Course Description/Target Audience:**

This one day course is designed to provide therapists with extensive hands on treatment recommendations pertaining to the implications of torticollis. Current evidence-based clinical pathways and guidelines for management of torticollis will be discussed and incorporated during several lab sessions, including discussion and lab related to cervical mobilizations to address the persistent head tilt lingering in many toddlers.

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. Emphasis on home exercise programs and effective strategies to team with parents will be explored.

Learning opportunities will transpire through case reports, group problem solving, video review, live patient demonstration, lab practicums, and minimal lecture. The extensive use of pictures and videos will allow participants to problem solve and identify movement and tissue impairments related to the diagnosis of torticollis.

**Due to the advanced nature of this course, all participants are required to take the preceding 2-day "Torticollis & Plagiocephaly" course or have attended a 2-day torticollis course in the past 5 years. Pre-course reading is required and will be sent following registration.**

### **Target Audience:**

Pediatric Physical & Occupational Therapists who have taken a 2-day Torticollis course in the last 5 years. Pre-course reading will be suggested.

### **CONTACT INFO:**

**Phone:** 630-282-2026

**Email:** ce@EasterSealsDFVR.org

[www.eastersealsdfvr.org/continuingeducation](http://www.eastersealsdfvr.org/continuingeducation)

## **Course Schedule:**

### **Day 3**

8:00 - 8:30	Registration
8:30 - 10:30	Treatment (including Lab): Cindy & Andrew -manual techniques, including cervical mobilizations
10:30 - 10:45	Break
10:45 - 12:30	Evaluation - Live Demo - Cindy & Andrew
12:30 - 1:30	Lunch
1:30 - 3:30	Discuss Demo Problem Solving, Participant Case Reviews & Videos
3:30 - 3:45	Break
3:45 - 5:00	Lab: Problem Solving Treatment/ Handling Insurance Trends

**7.50 Contact Hours**

## **Learning Objectives:**

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

- Identify the impact of torticollis on movement and associated body structures and function.
- Problem solve current evidenced based treatment regimes for torticollis in conjunction with colleagues
- Be introduced to manual techniques, including mobilization to manage ROM deficits
- 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.
- Establish individualized goals and incorporate family centered evidenced based treatment regimes as part of their home education/therapy program.

## About the Instructors:

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](http://www.cindymiles.com) or [www.traintotriumph.com](http://www.traintotriumph.com)



**Andrew Sutphin, DPT**, has practiced pediatric physical therapy for 11 years working at Cindy Miles and Associates. He graduated in 2005 from the University of Pittsburgh with a doctorate degree in Physical Therapy. He treats children in early intervention as well as in the outpatient setting and has been a clinical instructor since 2007.

He currently serves on the committee for the Pediatric Sports and Fitness Special Interest Group. He has also authored an article entitled "Functional Movement, Strength, and Intervention for an Adolescent with Cerebral Palsy" in the 2015 summer edition of the Pediatric Physical Therapy Journal. Andrew has specialized training & experience with cervical spinal mobilization, used to address persistent head tilt associated with torticollis.

## REGISTRATION FORM

Please complete this form and mail with payment to:  
Easterseals DuPage & Fox Valley  
Continuing Education Department  
830 South Addison Avenue  
Villa Park, IL 60181  
FAX: 630.620.1148

**Registration Fee: \$240**

**Early Registration Fee: \$220 on or before 12/10/18**  
**(\$210 if also registered for March 11th & 12th "Torticollis & Plagiocephaly" course with Easter Seals)**

Name: \_\_\_\_\_  
(This is how your name will be printed on the course completion certificate.)

Title/Position: \_\_\_\_\_

Organization: \_\_\_\_\_

Org. address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Business phone: \_\_\_\_\_

Home address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

For credit card payment, please complete:

Type (please circle): Visa, MasterCard, AmEx, Discover

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVV: \_\_\_\_\_

Registration fee includes the conference, continental breakfast, and afternoon refreshments.

Space is limited— early registration is encouraged. Registration deadline: December 27th, 2018.

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after December 27th, 2018. If Easterseals or Speaker should need to cancel, course fees will be refunded or transferred to another course at the discretion of the participant.

**Torticollis (ADVANCED) 01.2019**

## Continuing Education Credits

Continuing education credits for *O.T./P.T.* will be offered through the Illinois Department of Professional Regulation.

**Early Intervention credits have been applied for.**

All participants will receive a course completion certificate upon successful completion of the conference. No certificates will be awarded until course completion is verified on the final date of the conference.

Occupational  
Therapy:



**APPROVED PROVIDER of**  
**CONTINUING EDUCATION**  
by The American Occupational  
Therapy Association, Inc.

**This Intermediate Level course is offered with AOTA Classification Codes: Categories 1 Domain of OT & 2 Occupational Therapy Processes.**