



Easter Seals DuPage & Fox Valley
Presents...

Torticollis: Advanced Treatment of Infants & Children

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

Dates & Location:

Monday, March 13th, 2017
at
Easter Seals 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.

Target Audience: Pediatric Physical & Occupational Therapists

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.

CONTACT INFO:

Phone: 630-282-2026

Email: ce@EasterSealsDFVR.org

www.eastersealsdfvr.org/continuingeducation

About the Instructors:

Cindy Miles, PT, PhD. PCS, CNDT

established her pediatric private practice in 1981 after serving the pediatric population since 1977. Dr. Miles 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. She 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 completed the eight week Pediatric Neuro-Developmental training course and the Advanced Infant course. Presently, she serves as Co-Chair and Meeting Planner of the Academy of Pediatrics Physical Therapy Annual Conference (APPTAC). She served as SOP Treasurer 2008 through 2013 and Treasurer elect 2007-2008. Dr. Miles presents nationally on pediatric private practice and reimbursement as well as nationally and internationally on Torticollis and Plagiocephaly, and Fitness for All Abilities. She has published in peer review journals and books on topics related to pediatric physical therapy.



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:
Easter Seals DuPage & Fox Valley
Continuing Education Department
830 South Addison Avenue
Villa Park, IL 60181
FAX: 630.620.1148

Registration Fee: \$235

(\$205 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: February 24th, 2017.

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after February 24th, 2017.

Torticollis (ADVANCED) 03.2017

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 course is offered with AOTA Classification Codes: Categories 1 & 2.