

Dates & Location:
 Thursday, January 10th through
 Friday, January 11th, 2019
 at
 Easter Seals DuPage & Fox Valley
 830 S. Addison Ave.
 Villa Park, IL 60181



CONTACT INFO:
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 Email: ce@EasterSealsDFVR.org
 www.eastersealsdfvr.org/
 continuingeducation

**Easterseals DuPage & Fox Valley
 Presents...**

***Torticollis & Plagiocephaly: Assessment & Treatment of Infants & Children
 Impact on the Movement System of Infants & Beyond***

Presented by Cindy Miles, PT, PhD. PCS, CNDT



Course Description/Target Audience:

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.

Course 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	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 of 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
15.0 Contact Hours	
Level of learning: Multiple	

About the Instructor:



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

Disclosure Statement: Cindy Miles receives a speaking honorarium from Easterseals. She has no other financial or nonfinancial relationships to disclose.

Learning Objectives:

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

- 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
- Identify the impact of torticollis on movement and associated body structures and function.
- Problem solve current evidenced based treatment regimens for torticollis
- 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
- Discuss the relationship of "the change in sleep posture," effects of increased positional devices, and environmental influences on postural development
- Relate current research and recommendations pertaining to SIDS and the efficacy of back to sleep
 - a. Review diagnoses related to the health policy change
- 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 regimens as part of their home education/therapy program.

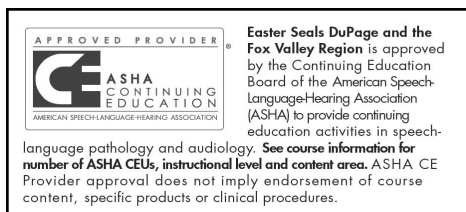
Continuing Education Credits

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.

Speech Therapy:



This course is offered for 1.5 CEUs (Intermediate level, Professional area).

Occupational Therapy:



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

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: \$450

Early Registration Fee: \$430 on or before 12/10/18

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.