

CONTACT INFO:
 Phone: 630-282-2026
 Email: ce@EasterSealsDFVR.org
 www.eastersealsdfvr.org/
 continuingeducation



Dates & Location:
 Saturday, March 11th through
 Sunday, March 12th, 2017
 at
 Easter Seals DuPage & Fox Valley
 830 S. Addison Ave.
 Villa Park, IL 60181

Easter Seals DuPage & Fox Valle
 Presents...

**Torticollis & Plagiocephaly: Assessment & Treatment of Infants & Children
 Evidence & The "Rest of the Story"**

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 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 and effective strategies 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, video 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; torticollis, plagiocephaly and related diagnoses .

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
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 Review
10:00 - 10:15	Facial Asymmetry
10:15 - 12:00	Break Treatment: Clinical Pathways/Protocols/Outcomes 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 Insurance Trends Summary/Conclusions

15.0 Contact Hours

About the Instructor:

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 NeuroDevelopmental 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.



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

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 regimes 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 regimes as part of their home education/therapy program.

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: \$425 on or before 2/12/17;
\$445 after 2/12/17**

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 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.

Speech
Therapy:



Easter Seals DuPage and the Fox Valley Region is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-

language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 1.6 CEUs (Intermediate level, Professional area).