

UCLA Health
Rehabilitation Services

Present

**TORTICOLLIS & PLAGIOCEPHALY:
ASSESSMENT & TREATMENT OF
INFANTS AND CHILDREN**

By **Cindy Miles, PT, PhD, PCS**

On February 29 – March 1, 2020

Register at: <https://cindymilesatucla.eventbrite.com>

Cost: \$300.00 plus Eventbrite registration fee

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: PT, OT, SLP, Nurses, including NICU, Nurse Practitioners, Orthotists, Physician Assistants and MD



UCLA Outpatient
Rehabilitation Services

1000 Veteran Ave
Los Angeles, CA 90095

UCLA Health Rehabilitation Services is recognized by the Physical Therapy Board of CA as an approval agency for continuing competency for CA licensed PTs & PTAs. This course is approved for 15 contact hours.

Per Section 4161(c) of Title 16, California Code of Regulations (CCR), this course qualifies for 15 PDU's per the California Board of Occupational Therapy.



For questions, contact Joan Vicente at jvicente@mednet.ucla.edu or at 424-259-7150.