

# Plagiocephaly:

## Assessment and Treatment of Infants and Toddlers

Cindy Miles PT, PHD, PCS, CDNT

### Faculty

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). 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).

*Disclosure: Financial: Cindy Miles receives an honorarium from Education resources for this course. Non-Financial: She has no non-financial relationships to disclose.*

### About this Live Webinar

The presentation will provide evidence-based clinical pathways for management of infant head shape. Differential diagnosis that may lead to head shape differences will be explored. Discussion will concentrate on progressive, effective evaluation and treatment schemes for infants with a diagnosis of plagiocephaly, including challenging cases. Current research and recommendations pertaining to the implications of plagiocephaly and increased use of positional devices will be discussed and incorporated. Red flags for related early infancy and preschool consequences will be appraised. Emphasis on home exercise programs, effective strategies, and long term follow-up to team with parents will be explored.

Learning opportunities for therapists and medical professionals involved in pediatrics will transpire through lecture, case reports, group problem solving, video review. The extensive use of pictures and videos throughout the four hours will allow participants to problem solve head shape providing functional ways to evaluate and treat.

### Objectives

- Identify three research studies that address the management, prevention and/or treatment of head shape (including helmet criteria) for the diagnosis of plagiocephaly in children.
- Choose a treatment strategy that incorporates current research findings and addresses the child's functional goals.
- Recognize the possibility that plagiocephaly/brachycephaly is preventable or can be less impactful to the child and family with early parent education and early referral.
- Choose two treatments that reduce or prevent plagiocephaly / brachycephaly in children.
- Identify three facilitators and three barriers to helmet treatment.

## Schedule Day 1 5:40pm - 10:00pm EST (US)

5:40-6:00	Webinar Registration/Zoom Course Opens
6:00-8:00	Anatomy Craniosynostosis: Differential Diagnosis Cranial Asymmetries Assessment Treatment/Helmet Criteria
8:00-10:00	Potential Long-Term Outcomes Case Reviews Facial Asymmetry Questions/Answers

## AUDIENCE

Physical, Occupational, and Speech Therapists; Nurses, including NICU, Nurse Practitioners, Orthotists, Physician Assistants, and Physicians

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**Then, look for a discount code in your registration receipt to register for this 4-hour, *Plagiocephaly* live webinar at the discounted price of \$85.**

## INSTRUCTIONAL LEVEL

As defined by the APTA; Intermediate – Assumes that participants have a general familiarity with topic (associated diagnosis of torticollis and the environmental changes on head shape). The focus is on increased understanding of differential diagnosis

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## Credits

This course meets the criteria for 4 contact hours (.4) CEUs, Intermediate Level.



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This course can be used toward your NBCOT renewal requirements for 4 units.

Approved provider of the FL Board of Occupational Therapy-CE Broker – 4.5 hrs. This course meets the approval of the TX Board of OT Examiners.

Application has been made to the FL Physical Therapy Association for 4.5 continuing education contact hours.

Approved by the MD Board of Physical Therapy Examiners. Approval by the MN Board of Physical Therapy. Approved by the NJ Board of Physical Therapy Examiners.

Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 4.5 contact hours. Application has been made to Illinois EI Training Program. Approved provider by the NY State Board of Physical Therapy for 4.5 contact hours (0.45 CEUs).

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4 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Please contact ERI with any special needs requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 800-487-6530.

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## Webinar Dates and Times – 2023

**March 8, 2023 | July 18, 2023 | October 19, 2023**

**5:40 pm EST • 4:40 pm CST • 3:40 pm MST • 2:40 pm PST (US)**

Registration is for one session. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



\$99 fee. **LIMITED ENROLLMENT.** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14-day deadline. We encourage you to register online!

**WEBINAR: Plagiocephaly: Assessment and Treatment of Infants and Toddlers**

**Cindy Miles PT, PHD, PCS, CDNT**

☐ **March 8, 2023** ☐ **July 18, 2023** ☐ **October 19, 2023**

**Course Registration Form**

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