A Fresh Approach in the Treatment of Torticollis

Nancy Neiditz, PT

Friday, May 15, 2015
8:00 am to 5:30 pm
Charlotte, NC

This course is designed for Physical Therapists and Assistants and Occupational Therapists and Assistants.

SUMMARY:
Have you found that treating a baby with Torticollis takes many months or does not fully resolve? Please join Nancy Neiditz, PT, an Anat Baniel Method™ SM and Certified Feldenkrais® Practitioner, for new techniques to add to your repertoire of Torticollis treatment. Nancy has treated nearly 1,000 babies with Torticollis. She has created a method of working with this condition that encompasses her ballet and modern dance training, Feldenkrais®, and The Anat Baniel Method™ for Children. She utilizes motor planning, visual exploration and scanning, active stretching, appropriate tummy-time positioning, eye-hand coordination, feeding techniques and gentle movements to mitigate Torticollis. Rather than aiming simply at the musculoskeletal system of the body, she incorporates the neuromuscular component with a strong emphasis on "brain plasticity." She does this
by teaching the therapists how to use primitive reflexes, emerging righting reactions, weight shifting in prone, supine, side-lying and modified sit to lengthen shortened muscles and strengthen unused ones. She incorporates feeding, changing time, play time and sleeping, carrying the baby and all activities that a baby engages in to create new, patterns of movement for the eyes, mouth, neck and hands. By improving the head and neck midline and the ability to turn fully both ways, the child's Torticollis resolves. She addresses the family's habits, i.e. how they carry the baby in a preferred way, or on feeding them on one side to create new opportunities for the babies to utilize themselves. The craft of this method teaches OT's and PT's how to artfully redirect persistent habits that babies have that keep them stuck in these twisted postures. Therapists find the creativity and ease with which they can help these babies refreshing and fun.

**OBJECTIVES:**
Upon completion of this course, participants shall be able to:

1. List the presentation, etiology, and anatomy common to a diagnosis of torticollis and plagiocephaly including its relationship to Sudden Infant Death Syndrome (SIDs)

2. Recognize primitive reflexes and righting reactions and their relationship to midline development

3. Demonstrate on a doll 8 handling techniques which respect the infant’s cues and the kinesthetic cues that the therapist receives to work within a calm, alert state versus counter-productive bracing patterns.

4. List what to cover in home programs including possibilities for grading of activities to accommodate the attributes of the infant (age, state control ability, developmental characteristics); parental style; environment; and routines.
AGENDA:
8:00-8:30  Introduction of how this method can treat babies with Torticollis.
8:30- 9:15  Participants will engage in a developmental movement lesson utilizing patterns of an infant ages 4-8 months.
9:15-10:30  Etiology and anatomy of Torticollis, an extensive look at muscles and movement patterns engaged in shoulder girdle and cervical movements.
10:30-10:45  Break
10:45-12:00  Demonstration with Torticollis babies.
12:00-1:00  Lunch (on your own)
1:00- 2:30  Lecture and video introducing treatment and simple home program.
2:30- 3:15  Additional demonstrations with babies.
3:15-3:30  Break
3:30-4:15  Group movement lesson.
4:15-5:30  Practicum with flexibly jointed dolls.

FORMAT:
This is an 8 hour lecture/discussion/lab course equivalent to 8 contact hours/0.8 CEUs. Carolina Kinder Development (CKD) is a provider for the North Carolina Physical Therapy Association. CKD is pending approval as a CEU provider by AOTA.

PREPARATION:
Participants should wear comfortable, fitness-like clothing for participation in lab exercises. Bring a yoga mat, large beach/bath towel, a notebook and a 20” doll (Raggedy Ann type).

LOCATION:
Claiborne Prosthetics & Orthotics
1041 Hawthorne Lane
Charlotte, NC  28205

COST:
Registration $250

CONTACTS:
For questions or concerns regarding payment, please contact Dianne Patterson at dianne@carolinakinderdevelopment.com or 704-379-7773. For all other questions or special needs, please contact Elizabeth Hammond, PT at elizabeth@carolinakinderdevelopment.com or 704-575-0166.
CANCELATIONS:
Cancellation by Provider - In the event that an unavoidable cancellation on our part (natural disaster, etc.), immediate refund will be made to participant. We are unable to cover any costs that may have been incurred for travel but we will provide a letter that may be used to show airlines, hotel, etc.

Cancellation by the Learner - if more than 14 days in advance, 90% refund will be given. If less than 14 days in advance, a 60% refund will be given.
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HOW DO I REGISTER?
Complete the following information and mail it to the address below. Registration is not finalized until payment is received.

Name:___________________________________________________________
Discipline: ___________
Facility:__________________________________________________________
Home Mailing Address:_____________________________________________
City State Zip:____________________________________________________
Daytime Phone/Fax:________________________________________________
E-mail Address for Confirmation:_____________________________________

COURSE FEE:
$250

HOW DO I PAY?
Participants can pay via credit card through the Carolina Kinder Development site www.carolinakinderdevelopment.com/product/torticollis-class-nancy-neiditz

Participants can pay via check (please make checks out to Carolina Kinder Development). Please include your name and organization in the memo line and mail, along with registration form, to:

Carolina Kinder Development
341 N. Caswell Drive
Charlotte, NC  28204