



Translating the Clinical Practice Guideline for Congenital Muscular Torticollis into Parent Training

OBJECTIVES

The physical therapist will:

1. Understand the new clinical practice guideline for CMT and develop strategies to integrate into clinical practice
2. Recognize at least 3 clinical features of an infants with CMT
3. Recognize red flag issues that warrant referral to physician when evaluating an infants with CMT
4. Understand evidence based guidelines for CMT in the referral, evaluation, and follow up for infants with CMT
5. Identify important factors necessary in parent training for infants with CMT and positional preferences including; positioning, handling, early referral, early PT intervention and long term issues.
6. Understand the evidence supporting the importance of tummy time, positioning, and handling to parents/caregivers in the treatment of CMT and its interaction with plagiocephaly.
7. Be provided with a brochure on information for parents on torticollis and plagiocephaly, the role of the physical therapist, and activities for positioning to be used in clinical practice for parent education.