CLINICAL APPROACH TO THE EVALUATION AND TREATMENT OF

Congenital Muscular Torticollis

NOVEMBER 11–12, 2016

Hospital for Special Surgery | New York City

Provided by HOSPITAL FOR SPECIAL SURGERY Office of Continuing Medical Education and Department of Rehabilitation
Clinical Approach to the Evaluation and Treatment of Congenital Muscular Torticollis
November 11-12, 2016
Provided by the HSS Office of Continuing Medical Education and Department of Rehabilitation

Overview

This comprehensive program will be presented by a dynamic, experienced interdisciplinary team of therapists, physicians, and an orthotist. Etiology, incidence and differential diagnosis with a special focus on assessment and therapeutic interventions based on recent research and American Physical Therapy Association clinical practice guidelines will be presented in detail. Guidelines for examination and progression of treatment including both traditional and adjunct treatment approaches, as well as discharge will be discussed. Surgical intervention for children with severe cases of torticollis and post-surgical treatment guidelines will be presented. Day 2 will include a hands on laboratory component focusing on therapeutic handling for infants of various ages as well as a live demonstration of assessment and treatment.

Target Audience

This activity is targeted to physical therapists, physical therapist assistants, occupational therapists and certified occupational therapist assistants.

Learning Objectives

HSS professional education activities are intended to improve the quality of patient care and safety.

Upon completion of Day 1, participants will:

- Define congenital muscular torticollis.
- Describe three accepted theories on the etiology of congenital muscular torticollis.
- List three related clinical findings associated with congenital muscular torticollis.
- Explain the incidence and prognosis of congenital muscular torticollis.
- Recall at least two variations in an infant’s development as affected by congenital muscular torticollis.
- List the steps of at least one evidence-based examination test and measure used for assessment of the infant with congenital muscular torticollis.
- Identify red flags utilized in differential diagnosis during examination.
- Recall at least two evidence-based principles of treatment progression and discharge criteria.
- List the four action statements from the evidence based guidelines for physical therapy management of congenital muscular torticollis.
- Identify two indications for surgery and one for bracing.

Upon completion of Day 2, participants will:

- Perform the steps of at least one evidence-based examination test and measure used for the assessment of the infant with congenital muscular torticollis.
- Identify red flags necessary to perform differential diagnosis during infant examination.
- Apply at least two evidence-based principles to the management of children with congenital muscular torticollis.
- Incorporate at least one handling technique in the contest of a plan of care, appropriate for an infant with congenital muscular torticollis at 0–6, 6–9 and 9–12 months of age.
- Describe the steps in TOT collar fitting and implement the technique in practice.
- Justify the design of a treatment plan for an infant with congenital muscular torticollis.
Accreditation & Credit Designation

**Physical Therapists and Physical Therapist Assistants:** Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this activity for a maximum of 6.5 Contact Hours onsite and 6.5 online for Day 1. Hospital for Special Surgery designates this activity for a maximum of 11 Contact Hours onsite for Days 1 and 2. The following states require continuing education units with no state-specific approval: CT, IA, MA, and WA.

This activity is approved in Florida:
6.5 Contact Hours Onsite for Day 1: FPTA Approval Number CE16-27925
6.5 Contact Hours Online for Day 1: FPTA Approval Number CE16-27926
11 Contact Hours Onsite for Day 1 and 2: FPTA Approval Number CE16-27927

This activity is approved in New Jersey:
6.5 Contact Hours Online and Onsite for Day 1: NJBPTE Course Approval Number 2016-1230
11 Contact Hours Onsite for Day 1 and 2: NJBPTE Course Approval Number: 2016-1231

This activity is pending approval for CCUs by the Federation of State Boards of Physical Therapy (FSBPT) and therefore would be accepted by the physical therapy regulatory boards/agencies in certain U.S. jurisdictions. The CCU amount will be determined by the FSBPT. The physical therapy boards in the following states currently accept the FSBPT certification: AK, AR, AZ, CA, DE, District of Columbia, GA, HI, ID, IL, IN, KS, KY, MI, MO, MS, MT, NC, ND, NE, OR, SC, TN, UT, VA, VT, WI, and WY.

**Occupational Therapists and Certified Occupational Therapist Assistants:** Hospital for Special Surgery is a New York State Education Department approved provider for occupational therapy continuing education. Hospital for Special Surgery designates this activity for a maximum of 6.5 Contact Hours onsite and 6.5 online for Day 1. Hospital for Special Surgery designates this activity for a maximum of 11 Contact Hours onsite for Days 1 and 2.

This course is considered appropriate for clinicians looking to enhance their skills in the treatment and care of the infant with congenital muscular torticollis. In order to receive physical and occupational therapy credits, a post-course knowledge assessment is required. There is no passing grade requirement.

Financial Disclosure Policy

In accordance with the Accreditation Council for Continuing Medical Education’s Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of activity directors, planning committee members, presenters, authors and staff involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that activity directors, planning committee members, presenters, authors and staff have with commercial interests, but to disclose to the activity audience only the relevant financial relationships.

**Activity Directors**

Frances Baratta-Ziska, PT, DPT, MS, PCS, C/NDT, has disclosed no relevant financial relationships.

Corinne Slevin, PT, DPT, MS, PCS, C/NDT, has disclosed no relevant financial relationships.

**Guest Faculty**

Jessica Driscoll, CPO, has disclosed no relevant financial relationships.
HSS Faculty

Sabrina Cerciello, PT, DPT, has disclosed no relevant financial relationships.

Shevaun M. Doyle, MD, has disclosed no relevant financial relationships.

Lisa Drefus, PT, DPT, has disclosed no relevant financial relationships.

Kelsie Ganshert, PT, DPT, has disclosed no relevant financial relationships.

Lorene Janowski, DPS, OTR/L, MS, C/NDT, has disclosed no relevant financial relationships.

Jennifer Jezequel, PT, DPT, PCS, has disclosed no relevant financial relationships.

Magda Oledzka, PT, DPT, MBA, PCS, C/NDT, has disclosed no relevant financial relationships.

Jennifer Paszko, PT, DPT, PCS, C/NDT, has disclosed no relevant financial relationships.

Karen Resnik, PT, DPT, PCS, CKTP, has disclosed no relevant financial relationships.

Dianne Scully, PT, DPT, PCS, has disclosed no relevant financial relationships.

Hospital for Special Surgery Office of CME staff and CME Committee members have no relevant financial relationships to disclose regarding this activity.
AGENDA

Friday, November 11

8:55 am  Opening Remarks*

9:00 am  Congenital Muscular Torticollis Overview
   Kelsie Ganshert, PT, DPT

9:20 am  Differential Diagnosis–Surgical Intervention
   Shevaun M. Doyle, MD

9:50 am  Evidence-Based Practice in Torticollis
   Jennifer Jezequel, PT, DPT, PCS

10:10 am  Panel Discussion
   Shevaun M. Doyle, MD
   Kelsie Ganshert, PT, DPT
   Jennifer Jezequel, PT, DPT, PCS

10:30 am Break*

10:45 am  Developmental Asymmetries in Infants with Congenital Muscular Torticollis
   Jennifer Paszko, PT, DPT, PCS, C/NDT

11:30 am  Infant Examination
   Corinne Slevin, PT, DPT, MS, PCS, C/NDT

12:00 pm  Panel Discussion
   Jennifer Paszko, PT, DPT, PCS, C/NDT
   Corinne Slevin, PT, DPT, MS, PCS, C/NDT

12:20 pm  Lunch* (on your own)

1:20 pm  Treatment Guidelines
   Frances Baratta-Ziska, PT, DPT, MS, PCS, C/NDT

2:20 pm  Post-Surgical Treatment Guidelines and Bracing
   Magda Oledzka, PT, DPT, MBA, PCS, C/NDT

2:45 pm  Panel Discussion
   Frances Baratta-Ziska, PT, DPT, MS, PCS, C/NDT
   Magda Oledzka, PT, DPT, MBA, PCS, C/NDT

3:05 pm  Break*

3:20 pm  Plagiocephaly
   Karen Resnik, PT, DPT, PCS

3:35 pm  Cranial Orthoses
   Jessica Driscoll, CPO

3:50 pm  Sensory and Oral Motor Implications
   Lorene Janowski, DPS, OTR/L, MS, C/NDT
4:10 pm  Family Education and Home Programs  
* Dianne Scully, PT, DPT, PCS

4:30 pm  Guidelines for Progression Towards Discharge  
* Lisa Drefus, PT, DPT

4:45 pm  Panel Discussion  
Lisa Drefus, PT, DPT  
Jessica Driscoll, CPO  
Lorene Janowski, DPS, OTR/L, MS, C/NDT  
Karen Resnik, PT, DPT, PCS  
Dianne Scully, PT, DPT, PCS

5:00 pm  Adjourn*  

* Not designated for credit.
Saturday, November 12

8:55 am  Opening Remarks*

9:00 am  Warm Up Exercises, Basic Stretches, Myofascial Release Techniques  
         *Kelsie Ganshert, PT, DPT*

9:30 am  Therapeutic Handling of the Infant 0-6 Months  
         *Corinne Slevin, PT, DPT, MS, PCS, C/NDT*

9:50 am  Treatment Demonstration 0-6 months  
         *Jennifer Paszko, PT, DPT, PCS, C/NDT*

10:35 am  Break*

10:50 am  Therapeutic Handling of the Infant 6-9 Months  
          *Jennifer Jezequel, PT, DPT, PCS*

11:20 am  Therapeutic Handling of the Infant 9-12 Months  
          *Lisa Drefus, PT, DPT*

11:50 pm  Lunch* (on your own)

12:50 pm  Treatment Demonstration of the Infant 6-12 months  
          *Frances Baratta-Ziska, PT, DPT, MS, PCS, C/NDT*

1:35 pm  TOT Collar Fitting and Kinesio Taping  
          *Karen Resnik, PT, DPT, PCS*

2:05 pm  Collaborative Group Case Studies and Troubleshooting Strategies  
          *Panel of HSS Faculty*

2:50 pm  Panel Discussion *Panel of HSS Faculty*

3:15 pm  Adjourn*

* Not designated for credit.
FACULTY

Activity Directors

Frances Baratta-Ziska, PT, DPT, MS, PCS, C/NDT
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Corinne Slevin, PT, DPT, MS, PCS, C/NDT
Clinical Supervisor Pediatric Rehabilitation

Guest Faculty

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Eschen Prosthetics and Orthotics
New York, NY

HSS Faculty

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Pediatric Rehabilitation

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Pediatric Rehabilitation

Dianne Scully, PT, DPT, PCS
Staff Therapist
Pediatric Rehabilitation
Notes to Participants:

PROGRAM AND POWERPOINT PRESENTATIONS
The Hospital for Special Surgery Office of Continuing Medical Education is an environmentally “green” CME operation. We no longer reproduce extensive paper-bound conference materials – rather we distribute this booklet which you have received to take notes.

All presentations and/or outlines will be captured and distributed exclusively to meeting participants via your HSS eAcademy account.

To access the PowerPoint Presentations, follow the below steps using Google Chrome or Firefox (this may not work if you use another internet browser):

1. Visit the course page at [http://hss.classroom24-7.com/account/course/1173](http://hss.classroom24-7.com/account/course/1173) (you may be prompted to log in to your account).

2. Select Section titled: “Click here to access PowerPoint Presentations (upon conclusion of the activity).”

EVALUATION AND CERTIFICATE
In keeping with our “green” CME operation, we no longer print paper evaluations, but instead utilize an online evaluation module.

As a reminder, only those who registered for this course and complete the program evaluation will receive credit.

To access the evaluation and receive your certificate, follow the below steps using Google Chrome or Firefox (this may not work if you use another internet browser):

1. Visit the course page at [http://hss.classroom24-7.com/account/course/1173](http://hss.classroom24-7.com/account/course/1173) (you may be prompted to log in to your account).

2. Select Section titled: “Click here to complete Post Test.”

3. Select Section titled: “Click here to complete Evaluation & Certificate.”

4. Upon completing the course evaluation, a blue “Get Your Certificate” button will appear on the course page. You can also access this certificate at any time by clicking on “My Account” on top menu bar, then choosing “My Certificates.”

For more information please contact:

**Wanda M. Napolitano**
Senior Events and Marketing Coordinator
Education & Academic Affairs
Hospital for Special Surgery
Tel: 212.606.1812
e-mail: napolitanow@hss.edu
Restaurant List

Bagels and Company (kosher)
1428 York Ave, at 76th St

Beanocchio
1413 York Ave, at 76th St

Café Luka (diner)
1319 1st Ave, at 71st St

Chipolte
1288 1st Ave, between 69th and 70th

Delizia Pizza
374 1st Ave, between 73rd and 74th St

Dunkin’ Donuts
428 E 70th St, between York and 1st Ave

Famiglia Pizza
1284 1st Ave, at 69th St

Food Mart Deli
1321 York Ave, at 70th St

Green Gourmet
1368 York Ave, at 73rd St

La Crosta Pizza
436 E 72nd, between York and 1st Ave

Lenny’s Sandwiches
1269 1st Ave, between 68th and 69th St
1481 2nd Avenue, between 77th & 78th St

Matsu Sushi
411 East 70th St, between York and 1st Ave

McDonalds
1286 1st Ave, at 69th St

Murphy’s Law
417 70th St, between York and 1st Ave

Starbucks
1281 1st Ave, at 69th St
ORDER FORM

Home Exercise Programs for Infants with Torticollis

*Home Exercise Program handouts are packaged 25 handouts/pack, $20.00 per pack*

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______ total packs at $20.00 per pack       subtotal ____________

Shipping and handling $5.95

TOTAL ____________

Name ____________________________

Address ____________________________________________________________

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Attn: Karen Juliano
535 East 70th Street, New York, NY 10021

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UPCOMING HSS REHABILITATION
PROFESSIONAL EDUCATION PROGRAMS

Complimentary Live Webinars

HSS Rehabilitation Grand Rounds: Hand Injuries of Weekend Warriors
November 30, 2016, 12:30 - 1:30 pm

HSS Rehabilitation Grand Rounds: Knee Arthroplasty
January 18, 2017, 12:30 - 1:30 pm

Professional Education Programs

Clinical Approach to the Evaluation & Treatment of Congenital Muscular Torticollis
November 11 & 12, 2016

12th Annual Sports Medicine Symposium
April 21 & 22, 2017

Go to www.hss.edu/cme for a complete calendar of scheduled live and online activities.
Karen Juliano
Email: JulianoK@hss.edu
ABOUT HSS eACADEMY

HSS strives to be “the most trusted educator” and reliable source of state of the art information for the public, patients and professional communities through a wide variety of education programs. HSS eAcademy is an electric, digital platform for distribution and academic programs through live streaming as well as offerings on demand.

Current Rehabilitation Courses On Demand

- Osteoarthritis and Running: What are the Facts?
- Applying Pilates to Rehabilitation and Wellness
- Differential Diagnosis of Forearm, Wrist and Hand Pathologies
- Managing Adolescents with Cerebral Palsy: Transitioning to Adulthood
- Peripheral Pain Originating from the Lumbar Spine
- Highlights from the 8th Annual Sports Medicine Symposium
- The Rotational Athlete: Rehabilitation, Performance and Return to Competition.

Coming Soon

- Pediatric Core Curriculum
  - Atypical Development & Clinical Decision Making in Cerebral Palsy
  - The Pediatric Spine and Hip
  - Toe Walking and Sensory Integration

EARN CONTINUING EDUCATION CREDITS

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For additional information about the HSS eAcademy or to register for a course, visit www.hss.edu/eAcademy
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HSS strives to be “the most trusted educator” and reliable source of state of the art information for the public, patients and professional communities through a wide variety of education programs. HSS eAcademy is an electric, digital platform for distribution and academic programs through live streaming as well as offerings on demand.

HSS REHABILITATION CORE CURRICULUM SERIES

- The Knee
- The Shoulder Complex
- The Lumbar Spine
- The Cervical and Thoracic Spine and Rib Cage
- Core Stabilization
- The Upper Quadrant
- The Lower Quadrant
- Lower Extremity Kinematics

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Stay active and injury-free on the golf course

Visit www.hss.edu/golfportal to access and share this unique interactive tool with your patients on how to:

**PLAY IT SAFE**
Stay safe and healthy on the course with injury prevention and condition specific tips

**IMPROVE YOUR GAME**
Prevent injury and improve performance with exercises and tips

**WHAT HURTS?**
Look up common conditions affecting golfers

**ASK HSS**
We’re here to help answer any questions you may have
The Hospital for Special Surgery (HSS) Sports Physical Therapy Clinical Residency program was initiated in 2008 and credentialed by the APTA in 2009. This program provides physical therapists with a one year comprehensive program of clinically-based education and supervised patient care in sports physical therapy. Advanced critical reasoning and clinical skills—including on-field experience in managing athletic injuries—are developed in a structured, supportive environment.

HIGHLIGHTS

- Individual mentoring
- Comprehensive curriculum of didactic and laboratory sessions
- On-field/court experience (high school, college and professional level)
- Surgical and office observation with leading sports medicine physicians
- Participation in a multidisciplinary team approach for managing sports injuries
- Opportunities to participate in outcome studies and related sports physical therapy research

REQUIREMENTS

- Graduation from an accredited physical therapy program
- Current PT licensure and registration in New York State or eligibility
- Malpractice insurance
- One of the following: current ATC designation, current license as an EMT, or certification as an Emergency Responder
- One year of sports physical therapy experience (preferred) or one year of experience as a certified athletic trainer (ATC) in a full-time setting

DATES

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<th>Residency Dates</th>
<th>January to January</th>
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<td>Application Deadline</td>
<td>October 15th</td>
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CONTACT

To learn more or obtain an application, contact: John Cavanaugh, PT, MEd, ATC, SCS
Sports Physical Therapy Clinical Residency
Program Director
Tel 212.606.1005
Email cavanaughj@hss.edu

Or visit our website at http://www.hss.edu/rehab-sports-clinical-residency.asp
Hand Therapy Fellowship  
Hospital for Special Surgery  
Rehabilitation Department  
New York, NY

PROGRAM DESCRIPTION

The Hospital for Special Surgery (HSS) Hand Therapy Fellowship is a clinically-based training program for experienced physical and occupational therapists seeking to specialize in hand therapy. The mission of the program is to provide these therapists with a comprehensive, structured program of clinical and didactic experiences for the development of advanced critical reasoning, skills and behaviors in hand and upper extremity rehabilitation.

The Hand Therapy Fellowship is full-time for 9 months each year. Fellows spend approximately 50% of their time in educational experiences and 50% providing supervised patient care. A salary proportional to a 50% case load is provided.

CURRICULUM

The educational component of Hand Therapy Fellowship includes a comprehensive series of weekly lectures, weekly custom splinting labs, conferences with the HSS Hand Service surgeons, inservices given by the Hand Therapy Center staff, and monthly Rehabilitation Department inservices. In addition, fellows work closely with the HSS Hand Service surgeons, and have the opportunity to observe hand and upper extremity surgery. Fellows also observe, co-treat with, and receive weekly one-on-one mentoring and case supervision from our staff of expert hand therapists.

TARGET PARTICIPANTS

Preferred applicants are physical and occupational therapists with 3 or more years of experience, including 1 or more years in hand and upper extremity rehabilitation in an outpatient orthopedic setting. The minimum experience requirement is 1 year of experience in an outpatient orthopedic setting. All applicants are required to be graduates of an accredited professional program, to have current licensure and registration in the State of New York or eligibility to attain them prior to the start of the program, and to have malpractice insurance.

DATES

<table>
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<tr>
<th>Fellowship Dates</th>
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<tr>
<td>Application Deadline</td>
<td>April 30</td>
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</table>

CONTACT

To learn more or obtain an application, contact:  
Carol Page, PT, DPT, CHT  
Hand Therapy Fellowship Program Director  
Tel  212.774.7170  
Email  pagec@hss.edu

Or visit our website at www.hss.edu/hand-therapy-fellowship.asp
HSS REHABILITATION PROFESSIONAL RESOURCES

Postsurgical Rehabilitation Guidelines for the Orthopedic Clinician

Handbook of Postsurgical Rehabilitation Guidelines for the Orthopedic Clinician

Featuring information from expert physical therapists, occupational therapists, and athletic trainers affiliated with Hospital for Special Surgery (HSS), this valuable reference tool contains comprehensive guidelines for effective postsurgical rehabilitation. Information is drawn from the most authoritative sources—best practices from experienced practitioners, evidenced-based research, and the most current literature in the field. A groundbreaking companion DVD packaged free with the textbook enable you to view applications of rehabilitative strategies and techniques for working with a variety of patients.

The pocket sized handbook highlights the easy-to-follow phase-guideline tables found in *Postsurgical Rehabilitation for the Orthopedic Clinician*, encapsulating crucial information into phases of healing and rehabilitation. This pocket guide makes a perfect companion piece to the original textbook and is sold separately.

The above titles can be purchased online www.us.elsevierhealth.com

Smart Design: The Art of Splinting ®

Splinting is an art and practice makes perfect! Created by the Hand Therapy Staff at HSS, this manual will provide you with step-by-step instructions for the fabrication of over 20 different splints. Patterns for each splint, as well as a list of material, diagnoses and helpful hints, are included for every set of instructions.
HSS Thrower’s Manual
Based on the Thrower’s Performance Program at the HSS Sports Rehabilitation and Performance Center, this manual offers throwing athletes of all ages and skill levels the tools to build good technique and effective injury prevention. Developed from years of experience training athletes both on and off the field, the *HSS Thrower’s Manual* contains detailed, easy to follow exercises and helpful tips.

Rehabilitation Guidelines Following Hip Arthroscopy Surgery DVD
Featuring information from expert HSS physical therapists on the rehabilitation process following hip arthroscopy surgery, this DVD is a valuable resource for clinicians to provide superior care to this patient population. This DVD contains over 40 videos and complements the content from the HSS Rehabilitation Professional program *Advances in Hip Preservation*.

Home Exercise Programs for Infants with Torticollis
A comprehensive home exercise program for children with torticollis, complete with color photos and caregiver friendly instructions. Programs are offered in stretching and developmentally appropriate therapeutic exercises for ages newborn to 2 months, 2 to 4 months, 4 to 6 months, 6 to 9 months, and 9 months and older. Chose left, right, or both sides. Each unit comes with 25 handouts.

Go to [www.hss.edu/rehab-books.asp](http://www.hss.edu/rehab-books.asp) to learn more and download your order form for purchase.
ORDER FORM

HSS Rehabilitation Professional Resources

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<th>Quantity</th>
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subtotal ____________

Shipping and handling $5.95

TOTAL ____________

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535 East 70th Street, New York, NY 10021

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STAY CONNECTED with like-minded professionals.

Search “Hospital for Special Surgery Rehabilitation” under Groups at www.LinkedIn.com

Share evidence-based practice ideas, practice management, leadership strategies and research. Also, get access to educational opportunities offered by Hospital for Special Surgery, Ranked #1 in Orthopedics by U.S. News & World Report.
The goal of the Hospital for Special Surgery Rehabilitation Network is to provide patients who seek our services with a resource by which they can easily & confidently access the highest level of appropriate rehabilitative care within their own neighborhoods.

The combined expertise of the medical and rehabilitation professionals caring for these patients plus the strong emphasis on linked education and research efforts places HSS in a strong position to manage a rehabilitation network based upon the highest standards of care.

MEMBERSHIP BENEFITS

- Networking and collaboration opportunities with other rehab therapy practitioners
- Association with the #1 Hospital for Orthopedics as ranked by U.S. News & World Report
- Discounted continuing education opportunities
- Marketing exposure via informational materials and website
- Preferred provider status among HSS medical staff

To apply for membership, a practice must be:

- A certified Medicare Provider
- A full-time operating and handicap accessible facility
- Open for more than 12 months
- Treating a maximum of 3 patients per hour/per therapist
- Located and provide a scope of service which meets Network demand/patient need

EXCLUSIVE ACCESS

- Monthly Rehabilitation Network Advisory FYI
- Owners Discussion Forum
- Quality Assurance Consulting
- Exclusive Network Annual Program
- Exclusive Owners Annual Forum
- HSS Rehabilitation Grand Rounds
- Quarterly Rehabilitation Network Newsletters
- Onsite library access
- Concierge Services

For additional information about the HSS Rehabilitation Network, contact 212.606.1317 or visit http://www.hss.edu/rehab-network.asp