

Rady Children's Hospital-San Diego *Presents*

**The Whole Child:** Development to Performance

# Pediatric Spine Symposium

## Virtual Physical Therapy Seminar

Saturday,  
**April 22, 2023**

### KEY LECTURE POINTS

- Spinal anatomy in the pediatric population
- Discuss developmental pediatric spinal conditions including torticollis and congenital scoliosis
- Examine orthopedic spinal conditions including scoliosis, Scheuermann's kyphosis, and spondylolisthesis/lysis
- Understand physicians' approaches to the aforementioned conditions as they pertain to evaluation and treatment
- Present current research surrounding pediatric spinal conditions
- Discuss physical and occupational therapy treatments for children with spinal conditions including ergonomics

### Presenters are from the following pediatric specialties:

- Physical Therapy
- Orthopedic Spine Surgery
- Physical Medicine and Rehabilitation
- Pediatric Ophthalmology
- Occupational Therapy



### COURSE DESCRIPTION

This multidisciplinary virtual seminar will present current research and education on pediatric spine conditions as they relate to the whole child from early development through adolescence. Presenters will include physical therapists, orthopedic spine surgeons, a physical medicine and rehabilitation physician, an ophthalmologist and an occupational therapist from Rady Children's Hospital-San Diego. This course is designed for beginner and intermediate levels. Submitting for CPTA approval for .70 CEUs (7 contact hours)

## LEARNING OBJECTIVES

At the conclusion of the seminar, participants should be able to:

- Understand the etiology and pathophysiology of torticollis
- Understand the prognosis for torticollis based on initial evaluation age and measurements
- Comprehend how to apply torticollis assessment techniques for infants, toddlers, children
- Be able to screen for differential diagnosis for torticollis and when to refer out to specialists
- Learn about non-conservative treatments for torticollis
- Identify the common signs and physical exam findings of spondylolisthesis, scoliosis and Scheuermann's kyphosis in children
- Understand the surgical indications and goals of surgery for spinal conditions
- Understand indications and efficacy of brace treatment for children with scoliosis
- Understand physical therapy treatments, specific exercises, and common barriers associated with spinal conditions
- Identify correct body positions in order to develop an ergonomic remote workstation
- Identify strategies to prevent injury while working at a workstation

## VIRTUAL SEMINAR SCHEDULE

7:45 a.m. Virtual Log-in

8:00 a.m. Introduction

### TORTICOLLIS

8:15 a.m. **Physical Therapy Management of Torticollis** (Physical Therapy) *Allison Angeli, PT, DPT*  
*Natalia Blackman, PT, DPT*

9:45 a.m. **Break**

10:00 a.m. **Non-Conservative Management of Torticollis** (Rehab Medicine) *Susan Biffi, M.D.*

10:45 a.m. **Ocular Torticollis** (Ophthalmology) *Shagun Bhatia, M.D.*

11:30 a.m. **Lunch Break**

### SPINAL DEFORMITIES

12:15 p.m. **Scoliosis** (Orthopedics) *Peter Newton, M.D.*

12:45 p.m. **Scheuermann's Kyphosis** (Orthopedics) *Michael Kelly, M.D.*

1:15 p.m. **Spondylolysis and Spondylolisthesis** (Orthopedics) *V. Salil Upasani, M.D.*

2:00 p.m. **Break**

2:15 p.m. **Physical Therapy Management of Back Pain** (Physical Therapy) *Jessica Garfin, PT, DPT*  
*Hannah Walter, PT, DPT*

3:15 p.m. **Ergonomics and Posture** (Occupational Therapy) *Denise Hoover, OT*

3:45 p.m. **Closing Remarks**

4:00 p.m. **End**

## ABOUT THE PRESENTERS



**Natalia Blackman, PT, DPT**, specialized in torticollis and comprehensive assessment and treatment of children 0-3 years old. She has nearly 10 years of experience in pediatric physical therapy and provides assessment and treatment through First 5 Children's Care Connection as well as multidisciplinary assessment in the NICU Neurodevelopmental Follow Up Clinic. Her special interests include intergenerational wellness, the role of the environment, societal trends, and family system dynamics on development as well as the influence of mental health and neurobiology on motor development. She is passionate about clinical teaching, quality improvement and looking at the bigger picture in terms of meeting the needs of the community and the families she serves.



**Allison Angeli, PT, DPT**, has been practicing PT for the last 11 years. She graduated from the University of St. Augustine for Health Sciences in 2012 with her doctorate in physical therapy and became a pediatric clinical specialist in 2019. Allison started practicing in pediatric private practice then transitioned to Rady Children's Hospital-San Diego in 2013 seeing pediatric neurodevelopmental, torticollis, and orthopedic patients. She is also an adjunct faculty member at the University of St. Augustine for Health Sciences in the neuro and pediatric courses and has additionally spent time working in pediatric early intervention through the San Diego County Regional Center.



**Jessica Garfin, PT, DPT**, is the Lead Orthopedic Physical Therapist at Rady Children's Hospital-San Diego. In this role not only does she treat patients, but she helps manage the team of physical therapists at the hospital. She currently treats children with all types of orthopedic conditions. Jessica has been a physical therapist since 1999. She received her Master's in Physical Therapy from Northwestern University and her Doctorate in Physical Therapy from AT Still University. She has worked in a variety of settings but treating children, especially athletes, is her favorite population to work with.



**Hannah Walter, PT, DPT, (she/her)** has been a physical therapist since 2017, graduating from Northeastern University in Boston, Massachusetts. She has worked at Rady Children's Hospital-San Diego since 2020 specializing in developmental pediatrics, torticollis and orthopedics. Since the pandemic, she has taken a special interest in the connection between mental health and physical wellness.



**Denise Hoover, OTR/L, CHT**, has practiced as an occupational therapist since 1991 and as a certified hand therapist since 2015 at Rady Children's Hospital-San Diego. She provides therapy for a variety of pediatric orthopedic conditions including brachial plexus injury, cerebral palsy, hemiplegia, congenital anomalies, juvenile idiopathic arthritis, orthopedic injuries, chronic pain and splinting/orthotic intervention. She also specializes in ergonomic assessment and has presented on this topic on local TV and social media platforms. Currently, Denise provides consultation for the Hand Clinic and Brachial Plexus Clinic at Rady Children's Hospital-San Diego. She is a current member of AOTA and ASHT.



**Susan Biffi, MD**, has been working as a pediatric rehabilitation physician since 2009 and at Rady Children's Hospital-San Diego since 2017. She has developed a pediatric Physical Medicine and Rehabilitation program in Hawaii and worked for many years at Children's Hospital Denver. Prior to working as a pediatric rehabilitation physician, she worked many years as a pediatric physical therapist. Her practice as a therapist and physician has always included children with torticollis and their families and this has been a fun and rewarding group to work with.



**Shagun Bhatia, MD, MSCR**, is a pediatric ophthalmologist at Rady Children's Hospital-San Diego. She manages patients with a wide range of ocular diseases including strabismus, amblyopia, and retinopathy of prematurity.



**Peter Newton, MD**, is a pediatric orthopedic surgeon with over 25 years of specializing in children and adolescents with spinal deformities. He joined Rady Children's Hospital-San Diego in 1994 and is the Chief of the Orthopedic Division and the Surgeon-in-Chief. He is a clinical professor at the University of California, San Diego and the president of the Pediatric Orthopedic Society of North America and the Scoliosis Research Society. He leads the Harms Study Group, a multicenter clinical outcomes research group focused on pediatric spinal deformities. His clinical interests include novel treatments for scoliosis including: anterior, posterior, and fusionless methods.



**Vidyadhar (Salil) V. Upasani, MD**, is a pediatric fellowship trained Orthopedic surgeon, and an Associate Professor of Clinical Orthopedic Surgery at the University of California San Diego and Rady Children's Hospital-San Diego. He is the Director of the International Center for Pediatric and Adolescent Hip Disorders and the Program Director of the Pediatric Orthopedics and Scoliosis Clinical Fellowship at Rady Children's Hospital San Diego. He treats all general pediatric orthopedic conditions, with a special interest in hip and spine disorders. He continues to focus on various research pursuits and has received numerous research grants and awards from national and international organizations.



**Michael Kelly, MD**, is the Director of Spine and Scoliosis at Rady Children's Hospital-San Diego. He has completed multiple fellowships for complex adult and pediatric spine conditions. He has also participated in research across the age-spectrum for spinal deformities.

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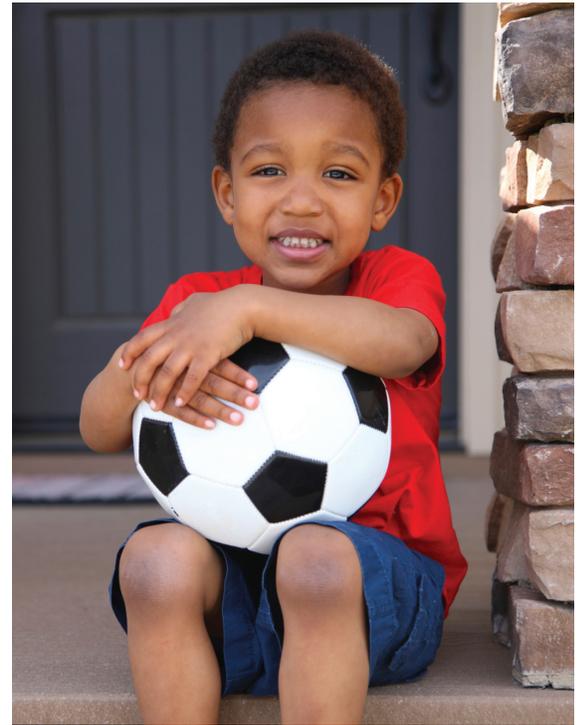
## Pediatric Spine Symposium

### Virtual Physical Therapy Seminar

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Early Bird Registration	<b>\$179</b> by 3/24/2023
General Registration	<b>\$199</b> by 4/22/2023
Student Registration	<b>\$99</b> by 4/22/2023
Group Registration (4+)	<b>\$159</b> by 4/22/2023
CSM Special Rate Registration	<b>\$169</b> by 2/26/2023 *with promo code

Net proceeds from this course will support the needs of the Physical Therapy Department at Rady Children's Hospital-San Diego



SCAN ME

Registration and Payment Online via **eventbrite**  
<https://thewholechildpediatricspinesymposium.eventbrite.com>

### Cancellation/Refund Policy

Course subject to change. Participants are cautioned to apply new information and skills within the scope of the law. Rady Children's Hospital-San Diego reserves the right to cancel the course. In the event of cancellation, RCHSD will issue a full refund of tuition within two weeks of notice of cancellation. If you need to cancel your registration, please email [thewholechild@rchsd.org](mailto:thewholechild@rchsd.org) no later than **4/8/2023** for a full refund.



### About Rady Children's Hospital-San Diego

Rady Children's Hospital-San Diego is the largest children's hospital on the West Coast and one of the nation's top pediatric health care systems. Consistently ranked in all 10 pediatric specialties by U.S. News and World Report, Rady Children's includes a 511-bed pediatric hospital that serves as the largest provider of comprehensive pediatric medical services in San Diego, southern Riverside and Imperial counties. With more than 40 locations, Rady Children's is the only health system in the San Diego area dedicated exclusively to pediatric health care and is the region's only designated pediatric trauma center. Rady Children's is a nonprofit organization that relies on donations to support its mission. For more information, **visit [rchsd.org](http://rchsd.org)**.