

PROGRAMME

Paediatric Osteopathy: Plagiocephaly, Cranio-Facial Asymmetries and Torticollis

Dr Sylvie Lessard Pht, DO

The course schedule may be subject to change due to organizational needs.

FRIDAY 13TH MARCH 2026

- 09am - 01pm**
- Literature review and definitions
 - Craniofacial asymmetries assessment: clinical signs for early screening
 - Measurements and new technologies (iPad and smartphone) **Practical session**
- 02pm - 06pm**
- Anthropometric measurements (craniometer) **Practical session**
 - Intervention on osteopathic methodology
 - Case studies: videos
 - Essential osteopathic techniques **Practical session**

SATURDAY 14TH MARCH 2026

- 09am - 01pm**
- Cranial asymmetries: multifactorial causes and risk factors
 - General osteopathic assessment
 - Torticollis assessment
 - Using measurements to guide clinical decision-making and treatment strategies
 - Functional treatment goals for torticollis: tailored to age and motor development
 - Essential osteopathic techniques **Practical session**
- 02pm - 06pm**
- Key factors for establishing optimal osteopathic intervention
 - Osteopathic approach: goals and priorities for plagiocephaly and dolichocephaly
 - Case studies: videos
 - Osteopathic intervention within an interprofessional collaboration framework
 - The osteopath's role in interprofessional collaboration
 - Prevention and parental guidance
 - Medical-osteopathic reports and documentation **Practical session**
 - Collaboration with medical professionals
 - Knowledge transfer: supporting parents and the medical team
 - Essential osteopathic techniques **Practical session**

SUNDAY 15TH MARCH 2026

- 09am - 01pm**
- Impact on global posture and motor development
 - Plagiocephaly and torticollis: interrelation with neuromotor development
 - Oromyofacial dysfunctions (OMD)
 - Prevention and parental guidance
 - Essential osteopathic techniques **Practical session**
- 02pm - 06pm**
- Photos documentation **Practical session**
 - Skull base and mandible measurements **Practical session**
 - Orthotic helmet and interprofessional collaboration
 - Synostosis and red flags