

Title: Informing the update to the 2018 Physical Therapy Management of Congenital Muscular Torticollis Evidence-based Clinical Practice Guideline: a systematic review

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Purpose: To systematically review recent evidence on physical therapy (PT) management of congenital muscular torticollis (CMT) to inform the update to the 2018 CMT Clinical Practice Guideline.

Methods: From 2017 to 2022, six databases were searched for studies that informed PT management of CMT. Studies were appraised for risk of bias and quality.

Results: Eleven studies were included. Three studies informed assessment addressing psychometric properties of commonly used assessment tools and reliability of two new assessment tools. Six studies informed intervention including the efficacy of traditional Chinese medicine (TCM) massage and passive stretching, feasibility of neural and visceral manipulation, PT impact on jawline symmetry, and the experiences of parents of infants with CMT. Two studies informed prognosis including CMT severity predicting PT service utilization.

Conclusion: Revision of the guideline may be needed to reflect new evidence on psychometric properties of assessment tools, TCM massage, parental experience, and PT service utilization.

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