

TORTICOLLIS

Torticollis is usually caused by a tightening of the neck muscles which results in a preference for your baby to turn their head to one side. In most instances, frequently encouraging the opposite movement pattern will very positively correct a torticollis.

The following activities will help improve the condition:

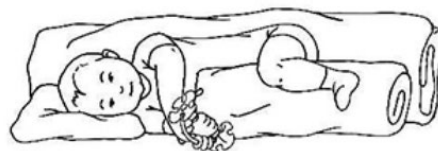
CHANGE YOUR BABY’S PLAY POSITION:

Throughout the day, it is important to vary your baby’s play positions, to help strengthen their neck muscles. Some suggestions include:

Put your baby on their tummy several times a day on the floor or on another safe, firm surface. Placing a rolled towel under your baby’s chest, at the armpit area, will help give your baby support and will assist your baby to lift their head.



Position your baby in side lying with a firm rolled towel behind their back while playing. Remember to alternate between right and left side lying.



When nursing or bottle feeding, use a pillow to support the baby, and encourage them to rotate their head opposite to their preference.

If baby’s crib is against the wall, position the child in the crib so that they are encouraged to rotate their head opposite to their preference to see you when you enter the room.

When positioning your baby in a carrier/swing/seat, placing a small rolled towel between baby's ear and shoulder will help keep their head in midline. Using a horseshoe shaped foam head support may also help keep baby's head in midline and reduce the tendency for head rotation.

When carrying your baby over your shoulder, select the shoulder, which will encourage your baby to look opposite to their preference. For example, carry baby over your right shoulder to encourage head rotation to the left. Carry over your left shoulder to encourage baby to rotate their head to the right.



Supervision should be provided at all times to ensure baby's safety when encouraging these activities.

If your child appears to be in pain or discomfort following these activities, please consult your Health Care Provider.