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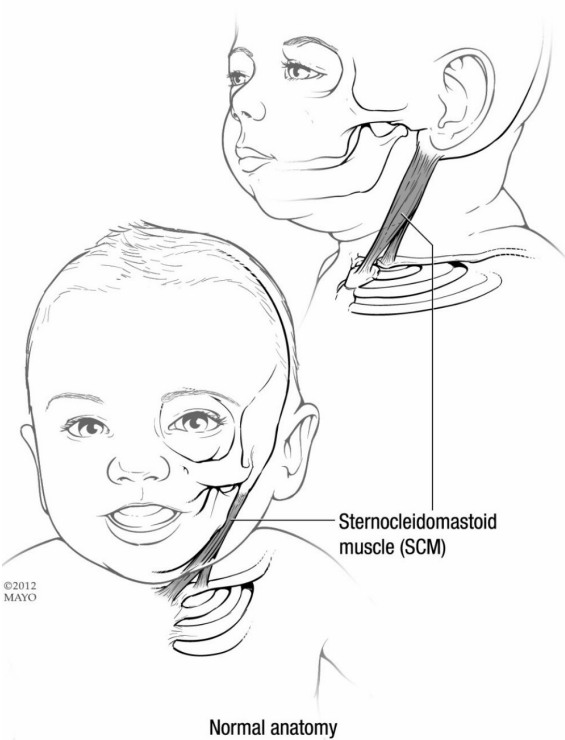
Understanding Torticollis (Left side)

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Torticollis is when the neck muscles are tighter on one side than the other. The head turns to one side in people with this condition. If you do not help your baby's neck become straight, they might have:

- A strange head shape
- Problems eating
- A face that looks different on one side than the other.

You can help make your baby's neck straight. The information below describes some stretches and other things you can do to loosen the tight neck muscles. These activities can help the head go back to a normal position.



Normal anatomy

Stretches

Side bending

1. Lay your baby on their back.
2. Put the palm of your left hand on the back of your baby's head.
3. Put your right hand on your baby's left shoulder.
4. Gently bend your baby's right ear toward the right shoulder. Press down gently on your baby's left shoulder at the same time.
5. Stop when you feel tightness. Hold the position for 30 to 60 seconds. Do this stretch 3 more times during the day.



Torticollis stretching tilt for left side

Rotating

1. Lay your baby on their back.
2. Put your right hand on the baby's right shoulder. Use your left hand to turn your baby's head gently to the left.
3. Stop when you feel tightness. Hold for 30-60 seconds. Do this stretch 3 more times during the day.



Torticollis stretching and rotation for left side

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Positions

Positioning with activity

1. Lay your baby on their back.
2. Put a colorful toy to the left of your baby's head. Or sit or lie in that area.
3. Put your baby in this position often during the day.



Torticollis positioning with activity for left side

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Tummy time

1. Put your baby on their tummy.
2. Put toys to your baby's left. Or sit or lie in that area. This helps your baby look to the left.
3. Do this often during the day.



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Tummy time on pillow or Boppy®

Carrying Your Baby

Your main carrying position

1. Carry your baby with their back against the front of your body.
2. Support the baby's head with your left arm.
Use your right arm to support the baby's lower body.
3. Use this position any time you carry the baby.



Torticollis positioning carry positions



Torticollis positioning carry for left side

Cheek-To-Cheek Hold

1. Hold your baby upright against your body.
2. Gently push your left cheek against the baby's right cheek.
This helps your baby turn to the left. Hold up a mirror for your baby to look in. This can distract the baby so they stay in this position.
3. Hold your baby this way often during the day.

Feeding Positions

Do this whether you are breastfeeding or giving a bottle. Hold your baby so they look to the left. If your baby has a hard time eating in this position, let them eat in the usual position

Other Things To Do

Use the stretches and positions on this handout every day for the best results. Also, try to get your baby to look to the left and tilt their head to the right as much as possible.

Your baby might act a little irritated when you do stretches. But the stretches should not hurt your baby. If you think your baby is in pain, stop the stretch or position. Try again later.



Resources

Medeast Bionics
Allison Kimora helmet therapy
856-829-2030

Orthologics
helmet therapy
215-244-4100



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Understanding Torticollis (Right side)

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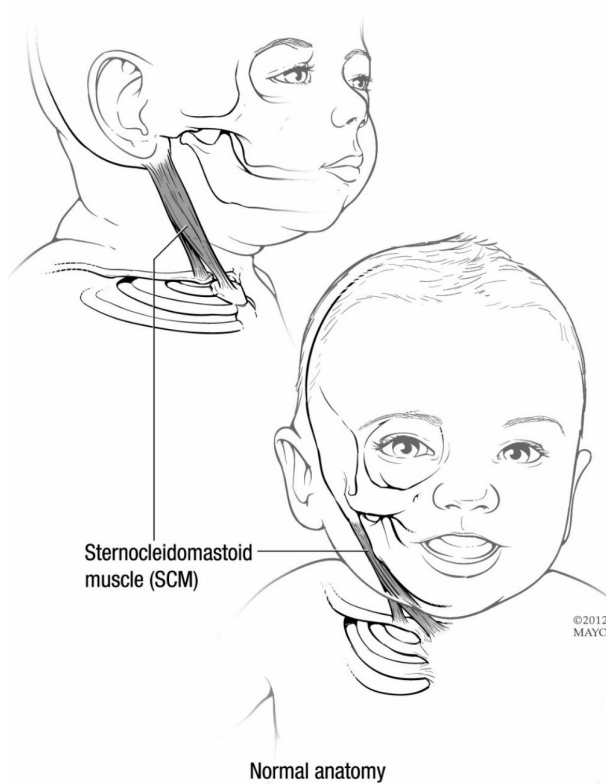
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- A face that looks different on one side than the other.

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Stretches

Side bending

1. Lay your baby on their back.
2. Put the palm of your right hand on the back of your baby's head.
3. Put your left hand on your baby's right shoulder.
4. Gently bend your baby's left ear toward the left shoulder. Press down gently on your baby's right shoulder at the same time.
5. Stop when you feel tightness. Hold the position for 30 to 60 seconds. Do this stretch 3 more times during the day.



Torticollis stretching tilt for right side

Rotating

1. Lay your baby on their back.
2. Put your left hand on the baby's left shoulder. Use your right hand to turn your baby's head gently to the right.
3. Stop when you feel tightness. Hold for 30-60 seconds. Do this stretch 3 more times during the day.



Torticollis stretching and rotation for right side



Torticollis positioning with activity for right side

Positions

Positioning with activity

1. Lay your baby on their back.
2. Put a colorful toy to the right of your baby's head. Or sit or lie in that area.
3. Put your baby in this position often during the day.

Tummy time

1. Put your baby on their tummy.
2. Put toys to your baby's right. Or sit or lie in that area. This helps your baby look to the right.
3. Do this often during the day.



Tummy time on pillow or Boppy®

Carrying Your Baby

Your main carrying position

1. Carry your baby with their back against the front of your body.
2. Support the baby's head with your right arm.
Use your left arm to support the baby's lower body.
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Cheek-To-Cheek Hold

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2. Gently push your left cheek against the baby's left cheek.
This helps your baby turn to the right. Hold up a mirror for your baby to look in. This can distract the baby so they stay in this position.
3. Hold your baby this way often during the day.

Feeding Positions

Do this whether you are breastfeeding or giving a bottle. Hold your baby so they look to the right. If your baby has a hard time eating in this position, let them eat in the usual position

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