

Right Infant Torticollis

HOME CARE INSTRUCTIONS

What is Right Torticollis?

Babies with right torticollis have tight muscles on the right side of the neck. This means that your baby prefers to tip her head to HER right and prefers to look to HER left. Your job is to help her tip her head to HER left and look to HER right. Do the following activities 7 to 10 times a day. A good guide is a 3 to 5 minute session every diaper change.

The first home exercise is head turning. Encourage head turning to HER right when lying on her tummy, lying on her back and supported sitting in your lap. The following photographs illustrate good, comfortable ways to achieve normal head turning.



The second home exercise is helping your baby to learn to tip her head away from the tight right side.

Encourage side tip to HER left to help 'open up' the tight right neck. Use very gentle pressure, waiting for the baby to relax before moving further into the stretch. If baby resists or seems uncomfortable, decrease pressure, wait and try again. Using a pacifier helps with comforting and distraction.



Instructions: Hold her head with your right hand. Place your left hand lightly on her left shoulder. Ease her into 'opening' her right neck.

Practice right side carry to help maintain gentle, comfortable stretch. You can do this stretch 3 to 5 times a day. Baby should be content and comfortable, even falling asleep in this position.



Instructions: Place her in sidelying, her head cradled on your right forearm. Cradle her body in your left arm. You will see her comfortably open her right neck.

Remember, persistence and repetition is the key to success in home stretching for torticollis. Your baby will let you know if she is uncomfortable. Slow and steady, using pacifier, visual distractions and your encouraging and comforting voice will ensure success.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

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