



Pediatric Physical Therapy Services, PLLC

Excellence and Experience

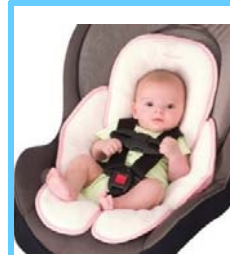
Torticollis

General information about Torticollis

Torticollis refers to a posture in which the child's head is tilted to one side and rotated to the opposite side. Torticollis is most often the result of tightening of one or more neck muscles.



Child with a left sided torticollis



Make sure baby's head is well supported when he/she is in a sea

Treatment of Torticollis

Torticollis is treated by stretching the tight muscles in the baby's neck and by ensuring that the baby's head is positioned well when he/she is in a seat. Muscle stretching can be done after instructions by the baby's pediatrician or by a physical therapist. Early treatment of Torticollis yields the best and fastest results so as soon as you notice that your child has Torticollis discuss it with the pediatrician.



Stretching exercises are often very effective and should be done at home after instruction

Play time

Infants benefit from play time on their back or tummy time when they are awake and supervised. Tummy time helps the baby strengthen his/her neck muscles and it helps avoid flattening of the back of the head. Spending time playing on both back and tummy allows the baby to begin to roll and explore his/her environment.



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