

TORTICOLLIS

FREQUENTLY ASKED QUESTIONS

WHAT ARE SOME CONTRIBUTING FACTORS TO TORTICOLLIS?

- Position in utero such as head down or breach
- Multiple birth as in twins, triplets
- NICU stay due to prolonged positioning in one spot
- Prolonged “container” use such as swings, car seats, rocker chairs



WHAT ARE COMMON SIGNS OF TORTICOLLIS?

- Tilt of head to one side
- Baby prefers looking at you over one shoulder and doesn't turn their head completely in the other direction
- When feeding, baby has trouble breastfeeding or bottle feeding on one side

HOW CAN YOU PREVENT OR HELP BABY IMPROVE HEAD POSTURE?

- Limit time spent in carriers/equipment
- Alternate the direction you place baby in crib each night, placing head at one end one night and then other end next night
- During play, draw baby's attention with toys and sounds to make them turn their head on their own in both directions
- Lots of Tummy Time

WHAT CAN A PEDIATRIC PHYSICAL THERAPIST DO TO HELP?

- Evaluate if the Torticollis is affecting developmental motor skills
- Treatment to improve muscle strength and range of motion of head/neck
- Instruction in positioning to be done at home and activities to help baby increase active movement of head/neck and to develop age appropriate developmental motor skills



EARLY SKILLED INTERVENTION WILL BRING
THE BEST OUTCOME FOR YOUR BABY!

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