



Left Torticollis

- With your baby on his or her back, place your hand on the **RIGHT** side of your baby's head.
- Gently turn your baby's head to the **LEFT**. Use your other hand to make sure your baby's shoulders stay flat on the surface.
- You could also try to start with your baby lying on his or her left side. Slowly roll your baby onto their back, while keeping the head turned to the left.



- Place your baby on his or her back. Tilt the baby's head to the **RIGHT**. Gently move the **RIGHT** ear towards the **RIGHT** shoulder.
- Place your other hand on you baby's **LEFT** shoulder to keep it from moving.

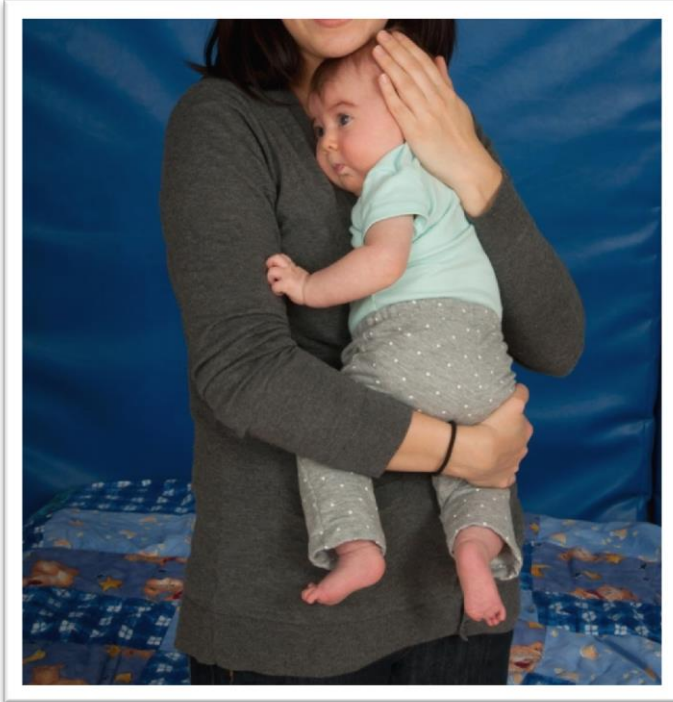
Gently hold both of these stretches for at least 30 seconds or as long as your baby tolerates. This may be up to a few minutes at a time.

If your baby is not relaxed, take a break and try again a few more times.

Repeat this stretch 5-6 times per day, making it part of your baby's routine.



Left Torticollis



- Hold your baby against your chest, facing you. Turn your baby's head to the LEFT.
- Place your hand on the back of your baby's head and gently help the baby to turn farther.
- You could also try this stretch with your baby lying on their tummy on the floor.

Hold this stretch as long as your baby tolerates and try to do it as often as you can when you are holding your baby.

Physiotherapist: _____

Phone: _____