



Left Torticollis



- Carry your baby on his or her **LEFT** side, with his or her back against your body.
- Use one hand to support your baby between his or her legs.
- Rest your baby's head on your **LEFT** elbow.
- Tilt your baby's head so that the **RIGHT** ear moves towards the **RIGHT** shoulder.

Gently hold this stretch 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.