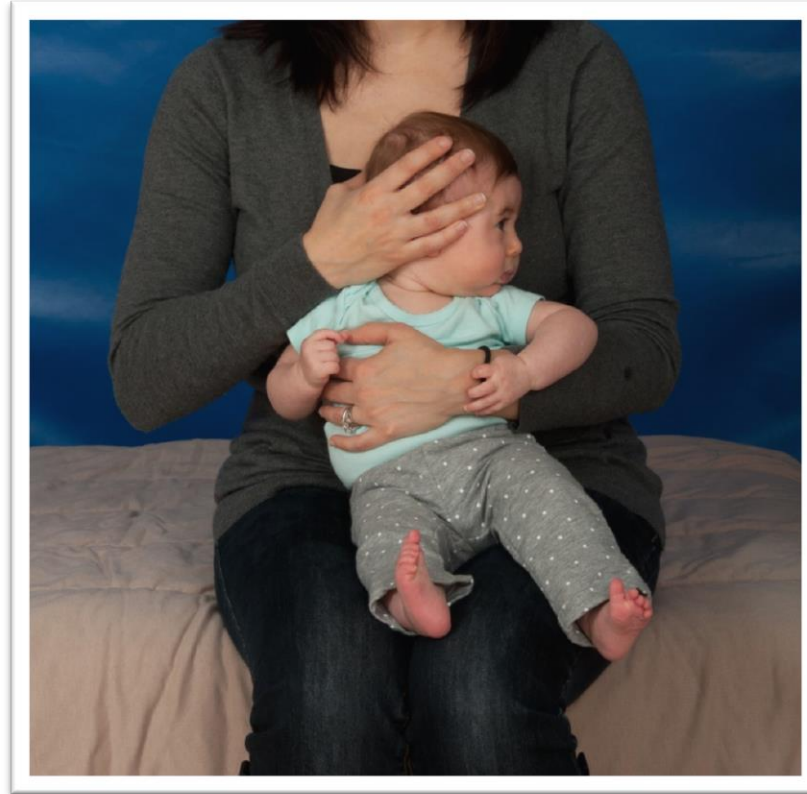




Left Torticollis



- Have your baby sit on your lap, facing away from you.
- With one hand, keep your baby's back and shoulders against your body.
- Encourage your baby to look over his or her LEFT shoulder at toys, mirrors or other people.
- When your baby has turned as far she he or she can, place your other hand along the RIGHT side of his or her head and gently help them to turn a little bit farther.

Gently hold this stretch for at least 30 seconds, or as long as your baby tolerates. This can 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.