



Left Torticollis



- 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 this stretch for at least 30 seconds or as long as your baby tolerates. This can be up to 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.