



## Right Torticollis



- Carry your baby on his or her **RIGHT** side, with his or her back against your body.
- Use one hand to support your baby between his or her legs and stop the **RIGHT** shoulder from moving.
- Place your other hand on the **RIGHT** side of his or her head.
- Slowly tilt your baby's head so that the **LEFT** ear moves towards the **LEFT** shoulder.

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.