



Right 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 **RIGHT** 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 **LEFT** 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.