



Left Torticollis



- ✓ Hold your baby against your chest, facing you. Turn your baby's head to the LEFT.
- ✓ Place your hand on the back of your baby's head and gently help the baby to turn farther.
- ✓ For a stretch into full left neck rotation, the chin should go past the shoulder. Use your other hand to hold the right shoulder and trunk still.

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.