



Left Torticollis

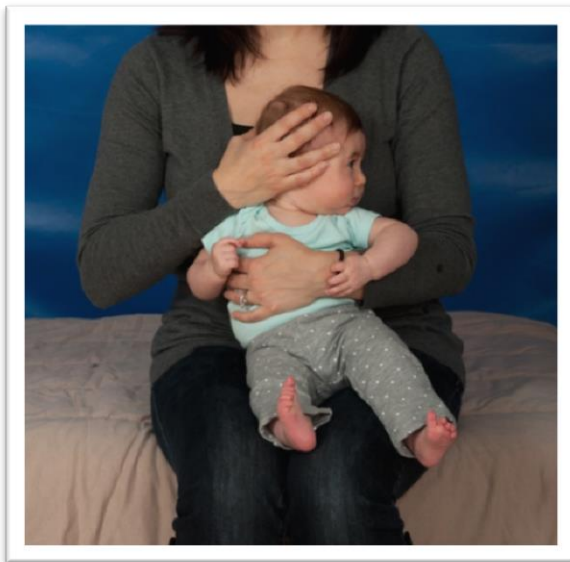
Active rotation:



- Try to encourage your baby to look over their LEFT shoulder throughout the day.
- Move interesting objects to the LEFT side.



Rotation stretch:



- 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 may 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.

Side flexion stretch:



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

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

Head righting:



Try to carry your baby in this position often throughout the day.

Physiotherapist: _____

Phone: _____

- Carry your baby on his or her LEFT side, with his or her back against your body.
- Tilt your baby's body to the LEFT so that he or she lifts his or her head to the RIGHT.
- The more you tilt your baby, the harder it is for them to hold their head up, making the exercise more difficult.
- Start with a small tilt and progress as your baby gets stronger.
- Make sure your baby is keeping his or her head up. If he or she is not able to hold the head up, your baby may be tired or tilted too far.