

Left Torticollis



- 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/her head up. If he or she is not able to hold their head up they may be tired or tilted too far.

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