



## Left Torticollis



- 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 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.