



Left Torticollis



- ✓ Have your baby sit on the floor, facing away from you with their head against your chest.
- ✓ With one hand, stabilize your baby's left shoulder to block their trunk movement.
- ✓ Encourage your baby to look over his or her LEFT shoulder at toys, mirrors, or other people.
- ✓ When your baby has turned as far as he or she can, place your other hand along the RIGHT side of his or her head and gently help them to stretch so that their chin goes beyond the 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.