

Right Torticollis



Standing Stretch

- ✓ Hold your baby with their back against your chest by placing your left arm over their left shoulder, then holding between their legs.
- ✓ Encourage your baby to look over his or her RIGHT 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 LEFT 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 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.