



What is Torticollis?

- A postural problem due to tightness in your baby's neck muscles
- Your baby's head may:
 - **Tilt** to one side
 - **Rotate** to the opposite side

What Causes Torticollis?

- Position of baby in the womb
- Position of baby during delivery
- Position of baby through the day after birth
- Other neurologic or musculoskeletal issues

Information gathered from the Academy of Pediatric Physical Therapy

5 Signs of Torticollis

- Your baby keeps their head tilted or turned to one side
- Your baby has trouble feeding or nursing to one side
- Your baby has a flat spot on the side or back of their head
- Your baby only turns their head to one side
- Your baby prefers to use one hand when reaching

Discuss with your pediatrician if you think your baby shows any sign of Torticollis



Physical Therapy

What do we evaluate?

- We will interview you to understand your baby's:
 - Birth history
 - Preferred neck and play positions
 - Tolerance of activity
- We will assess neck range of motion and strength
- We will screen gross motor skills

What happens during treatment?

- Strengthening and stretching exercises focused on your baby's needs
- Practice of gross motor skills like tummy time, rolling, and sitting
- Family education:
 - Individualized home program to help your baby get stronger
 - Suggestions for carry positions and positions of play

Benefits of early intervention

"98% of infants with Torticollis achieve normal range of motion within 1.5 months of physical therapy intervention if started before one month of age."

– American Physical Therapy Association

- We teach your family stretches and how to make needed changes at home
- We can identify developmental delays early
- We can reduce the need for more aggressive treatments



Contact us

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Physical Therapy

Torticollis treatment

The physical therapy approach

