



## 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

### Rehabilitation Center

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Phone: (865) 690-8961  
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### Emory Center

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# Torticollis treatment

The physical therapy  
approach



Physical Therapy

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