

# Torticollis Stretches

## Right Rotation Preference

### Active Rotation Lying on Back



#### Step 1:

Lay the baby on their back and place a toy on their left side.



#### Step 2:

As the baby rotates their head to the left side, hold down the baby's right shoulder.

### Positioning for a Baby with Left Head Tilt



#### To do this stretch:

Lay the baby on their left side with their head resting on a roll or pillow, as shown, to encourage their head to tilt to the baby's right side. *Please note: The baby should always be supervised in this position.*

### Active Tilt Exercise in Side-lying Position for a Baby with Left Head Tilt



#### To do this stretch:

Lay the baby on their left side facing away from you and place a toy in front of the baby. Watch for the baby's head to lift up off the surface. The baby's right ear should move toward their right shoulder.

*This information is designed for general guidelines only. Your physician or therapist may modify these guidelines for your child. If you have specific questions about these instructions, or concerns regarding your child's care, contact your physician or therapist.*

## Football Hold For Baby with Left Head Tilt



### **To do this stretch:**

Hold the baby so that they are facing away from you. The baby's head should be in the crook of your left elbow and your right arm should support the baby's trunk. Raise your elbow to gently tilt the baby's head to their right side. The baby's right ear should move toward the baby's right shoulder.

## Active Tilt Exercise For Baby with Left Head Tilt



### **To do this stretch:**

Hold the baby so that they are facing away from you. Your left arm should be underneath the baby's left arm-pit and your right arm should be supporting the baby's trunk as shown. Tilt the baby's body to the left. Watch for their head to come up to a vertical position. The right ear should move toward the right shoulder.

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### **Notes:**