

Exercises to Help Decrease Right-Sided Torticollis in Babies



Right-Sided Torticollis = infant will have trouble rotating to the right and bending to the left due to tight neck muscles on the right side



Encourage the baby to look to their right by placing all objects on their side side.

This includes toys, feeding, parent positioning etc.

Goal: As often as possible and is tolerated.

When carrying your baby, position them to look to their right.

Place your right arm between the baby's neck to provide a comfortable stretch to the right neck muscles while carrying them around the house (as seen in image to the right).

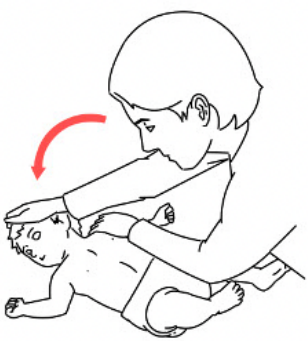
Goal: You may hold this for as long as the child tolerates, aim for 4-6 carry holds per day.



Facilitate a right rotation stretch with child lying on the floor.

Performing this stretch may be frustrating for the child so try to hold for as long as tolerated. You may also perform this stretch while holding your baby (hold their head in a position where their head is rotated to the right).

Goal: 20-30 second holds, 4-6 times per day (dependent on child's tolerance)



Facilitate a left side bend stretch with child lying on the floor.

Performing this stretch may be frustrating for the child so try to hold stretch for as long as tolerated. You may also try this stretch while holding the baby if that is more comfortable for them.

Goal: 20-30 second holds, 4-6 times per day (dependent on child's tolerance)



Encourage tummy time with head in midline position.

Tummy time (on floor, on a towel roll/pillow, over parent's legs, etc) encourages the baby to keep their head centered and helps strengthen the neck and core muscles, as well as stretch the tight neck muscles on the right side.

Goal: As often as possible and is tolerated.

