



PROGRESSIVE PEDIATRIC THERAPY

TORTICOLLIS EXERCISES

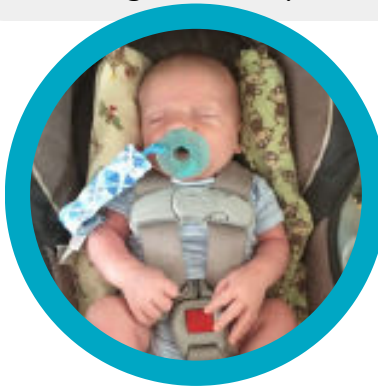
Positioning Exercises | 0-6 Months

Position your baby's head to their non-preferred side



- When carrying your baby at your shoulder, position their head to their non-preferred side.
- Place your baby so they will turn to their non-preferred side to look at you when you put them in the crib or during diaper changes.
- Put toys, mobiles or other objects to the non-preferred side of the crib or diaper changing table.

Symmetrical positioning during playtime and in the car seat, swing or bouncy seat



- Place firmly rolled thin blankets or towels along your baby's sides.
- The towel rolls should support the sides of your baby's body & head to keep the neck & spine straight.
- This can also be done when your baby is playing on their back to keep their head in midline.
- Put your baby on their side with a towel rolled behind them for support during playtime. Be sure to alternate sides each time.

Positioning for feeding



- When feeding your baby, pay close attention to the position of their head, neck and trunk. Try to hold your baby so that their head and body is in a straight position, or turned to their non-preferred side.
- Help your baby turn their head by gently stroking their cheek on their non-preferred side, to prompt them to turn to that side
- Sucking while turning to the non-preferred side helps the baby stretch their own neck muscles and is soothing for the baby .

