



PROGRESSIVE PEDIATRIC
THERAPY

TORTICOLLIS EXERCISES



Neck/Head Tilt Stretch- Football Hold

Hold your baby facing away from you with their ear resting on your forearm. Place your other arm through your baby's legs. Gently lift baby's head away from their shoulder by lifting up.

Chest to Chest Hold

Hold your child against your chest with their head looking to their non-preferred side, with their cheek against your chest to provide a gentle stretch to their neck.



Head/Neck Tilt Stretch Lying on Back

Place your baby on their back. Use one hand to hold the non-preferred shoulder against the surface. Use the other hand to reach behind your baby's head and bring their ear away from their shoulder.



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Head/Neck Rotation Stretch Lying on Back

Place your baby on their back. Use a toy or your voice to encourage head turn to non-preferred side. Use your hand to place your fingers on your baby's head above the ear and encourage further rotation as tolerated.

Neck Extension Stretch Holding on Belly

Hold your baby on their belly in your arms so they are facing away from you. Place fingers just below collar bones and allow them to lift their head to increase stretch to the front of the neck.

NOTE: Only perform this stretch if your baby has good head control and can lift their head well on their belly.



Pull to Sit (3-6 months)

Place your baby on their back . Grasp both of their hands and **slowly** provide a **gentle** pull to guide them into a sitting position. If your baby demonstrates a head lag, lower them to an elevated surface, such as a pillow or wedge.





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Visual Tracking Lying on Back

While your baby is lying on their back, use a toy or object in their environment to encourage head turn to the non-preferred side. If your baby loses focus on the toy, bring it back to the center and repeat several times.

Visual Tracking Lying on Belly

While your baby is lying on their belly, use a toy or object in their environment to encourage head turn to the non-preferred side. If your baby loses focus on the toy, bring it back to the center and repeat several times.



Head Righting (3-12 months)

While holding your baby, slowly tilt their whole body toward the non-preferred side. Your baby will naturally lift their head up towards midline for strengthening their muscles. Hold for several seconds or longer until your baby becomes tired and/or has difficulty holding their head up.





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Tummy Time

Daily tummy time helps babies develop the strength to lift their heads and, eventually, to sit up, crawl and walk. Babies should start tummy time as soon as they are born, and it can be done for short periods of time throughout the day. !

Try laying baby across your lap, over a pillow, on your chest, or over a soft arm rest on the sofa. Use toys, singing, or family members to make it fun!



Neck Extension Stretch Lying on Back

Place your baby on their back over your leg or therapy ball so that their head is relaxed and extended back over your leg/ball. Assist them out of this position by rolling the ball toward you between repetitions.

If you have any questions or concerns about your child's development, call our clinic today!



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