

CARING FOR YOUR BABY WITH TORTICOLLIS

What is Musculoskeletal Torticollis? ^{1,2}

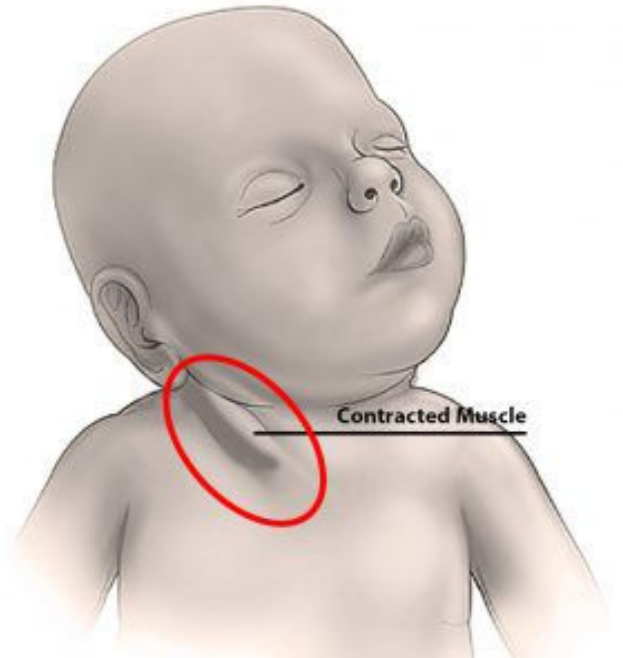
Shortening of a muscle in the neck, typically affecting one side of the body.

Named for side of muscle involved.

Occurs in 0.3-16% of babies.

Slightly more common in males.

Contributing factors: increased birth weight, breech birth, mechanical assistance for delivery (ie. forceps), crowding in the uterus.



Ex. Right sided torticollis showing right tilt and left rotation

<https://www.brillpt.com/pediatricpt>

Can Physical Therapy Help?

Yes! Physical therapists are trained to provide activities to stretch and strengthen the neck muscles, and tips for parents at home to help correct this condition! It is important to treat as soon as possible to ensure proper development of motor skills.

*See pg. 2 for examples of exercises!

Tips for Home!²

Help encourage and improve rotation by:

- Hold baby on both sides of you body, alternate sides for breast or bottle feeding, and diaper changes
- Alternate how baby sleeps in crib (ex. head at one end, feet at other then switch)

Sample Exercises³

Stretching:

-Ear to shoulder (lateral bend)



-Chin to shoulder (rotation)



Strengthening and Play:

-Lateral Bending



Figure B

-Rotation following a toy



References:

1. Palisano RJ, Orlin MN, Schreiber J. Campbell's Physical Therapy for Children. 5th ed.; 2016:642-650.
2. Kaplan SL, Coulter C, Sargent B. Physical Therapy Management of Congenital Muscular Torticollis: A 2018 Evidence-Based Clinical Practice Guideline From the APTA Academy of Pediatric Physical Therapy. *Pediatr Phys Ther.* 2018;30(4):240-290. doi:10.1097/PEP.0000000000000544
3. Diamant RB, Whiteside A. Positions of Play: Interactive Activities to Enhance Movement and Sensory Exploration. 2017;2nd Edition.