What is Left Torticollis?

Babies with left torticollis have tight muscles on the left side of the neck. This means that your baby prefers to tip her head to HER left and prefers to look to HER right. Your job is to help her tip her head to HER right and look to HER left. Do the following exercises 7 to 10 times a day. A good guide is a 3 to 5 minute session every diaper change.

The first exercise is head turning. Encourage head turning to HER left when lying on her tummy, lying on her back and supported sitting in your lap. The following photographs illustrate good, comfortable ways to achieve normal head turning.
The second home exercise is helping your baby to learn to tip her head away from the tight left side.

Encourage side tip to HER right to help ‘open up’ the tight left neck. Use very gentle pressure, waiting for the baby to relax before moving further into the stretch. If baby resists or seems uncomfortable, decrease pressure, wait and try again. Using a pacifier helps with comforting and distraction.

**Instructions:** Hold her head with your left hand. Place your right hand lightly on her right shoulder. Ease her into ‘opening’ the left neck.

Practice left side carry to help maintain gentle, comfortable stretch. You can do this stretch 3 to 5 times a day. Baby should be content and comfortable, even falling asleep in this position.

**Instructions:** Place her in sidelying, her head cradled on your left forearm. Cradle her body in your right arm. You will see her comfortably open her left neck.

Remember, persistence and repetition is the key to success in home stretching for torticollis. Your baby will let you know if she is uncomfortable. Slow and steady, using pacifier, visual distractions and your encouraging and comforting voice will ensure success.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

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