

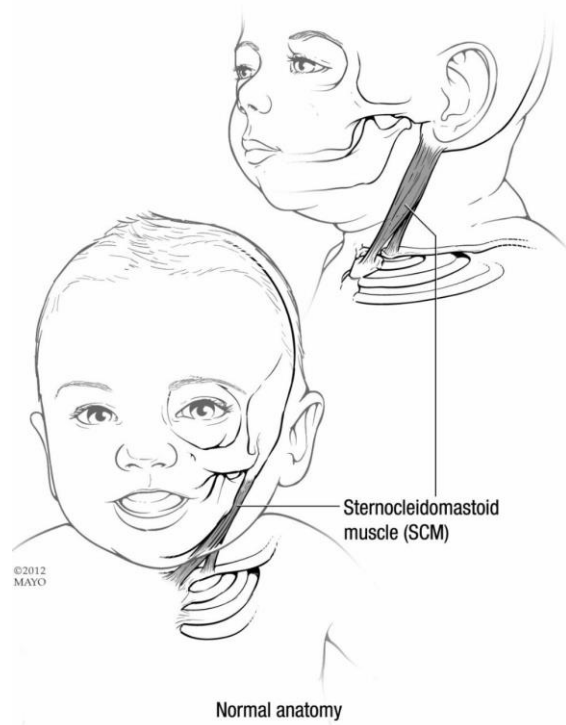
## Neck-Stretching Exercises for Torticollis

Torticollis is when the neck muscles are tighter on one side than the other. The head turns to one (1) side in people with this condition.

If you do not help your baby's neck become straight, they might have:

- A strange head shape,
- Problems eating, and
- A face that looks different on one (1) side than the other.

You can help make your baby's neck straight. The information below describes some stretches and other things you can do to loosen the tight neck muscles. These activities can help the head go back to a normal position.





Torticollis stretching tilt for left side

## Stretches

### Side bending

1. Lay your baby on their back.
2. Put the palm of your left hand on the back of your baby's head.
3. Put your right hand on your baby's left shoulder.
4. Gently bend your baby's right ear toward the right shoulder. Press down gently on your baby's left shoulder at the same time.
5. Stop when you feel tightness. Hold the position for 30 to 60 seconds. Do this stretch three more times during the day.



Torticollis stretching and rotation for left side

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## Rotating

1. Lay your baby on their back.
2. Put your right hand on the baby's right shoulder. Use your left hand to turn your baby's head gently to the left.
3. Stop when you feel tightness. Hold for 30-60 seconds. Do this stretch 3 more times during the day.

## Positions

### Positioning with activity

1. Lay your baby on their back.
2. Put a colorful toy to the left of your baby's head. Or sit or lie in that area.
3. Put your baby in this position often during the day.



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Tummy time on pillow or Boppy®

## Tummy time

1. Put your baby on their tummy.
2. Put toys to your baby's left. Or sit or lie in that area. This helps your baby look to the left.
3. Do this often during the day.



Torticollis positioning carry positions

## Carrying your baby

### Your main carrying position

1. Carry your baby with their back against the front of your body.
2. Support the baby's head with your left arm. Use your right arm to support the baby's lower body.
3. Use this position any time you carry the baby.



Torticollis positioning carry for left side

## Cheek-to-cheek hold

1. Hold your baby upright against your body.
2. Gently push your left cheek against the baby's right cheek. This helps your baby turn to the left. Hold up a mirror for your baby to look in. This can distract the baby so they stay in this position.
3. Hold your baby this way often during the day.



Torticollis positioning breastfeeding for left side

## Feeding positions

Do this whether you are breastfeeding or giving a bottle. Hold your baby so they look to the left. If your baby has a hard time eating in this position, let them in the usual position.

Your baby might act a little irritated when you do stretches. But the stretches should not hurt your baby. If you think your baby is in pain, stop the stretch or position. Try again later.