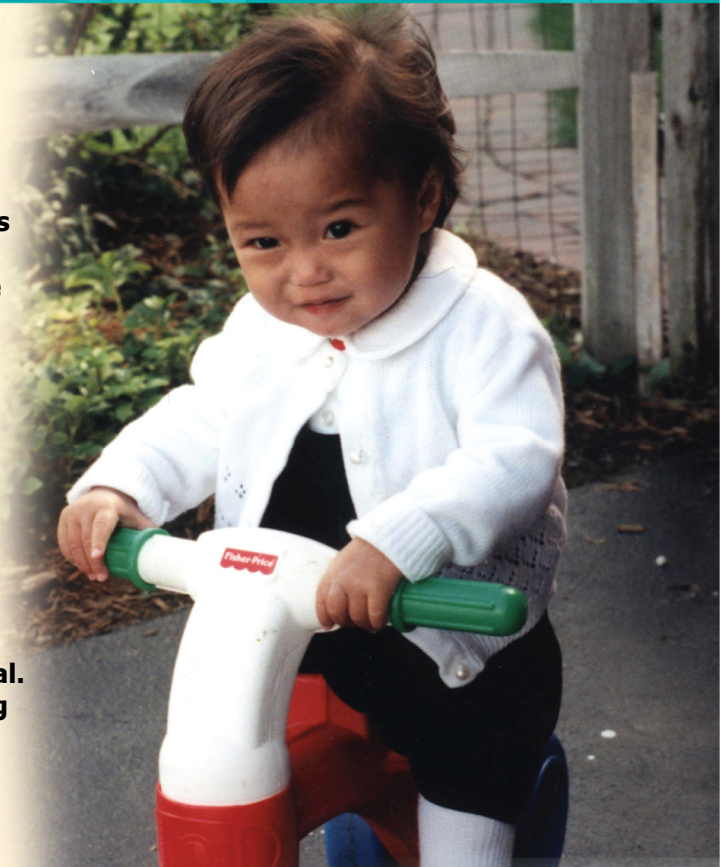


# Torticollis

## FACTS:

- Torticollis is a tightening of the neck muscles on one side. This causes the head to turn to one side and usually to tilt to one side or the other.
- It may be caused by an injury to the neck muscles during birth, position in the uterus during pregnancy or may be caused by the joining together of neck vertebrae. It can also be caused by lying in one position for long periods of time, causing the muscles to become stiff and tighten.
- Without treatment one side of the head may flatten and cause the face to be asymmetrical. This can also cause the child to avoid looking to one side and can result in not developing skills in that side of his or her body (eyes, hands, etc.).



**Torticollis often causes a child to tilt his or her head to one side.**



**Torticollis can be caused by the way a child lies inside the mom's uterus.**



# Torticollis

## TREATMENT:

- **Physical therapy is used to gently stretch the neck muscles on the tight side and strengthen the muscles on the opposite side.**
- **Placing toys where the infant has to turn his head to see them will gently stretch the muscle. Position the child to encourage him or her to turn the tight side of the neck to look at other children, caregivers or the door and window.**
- **Do not allow the child to lie in the twisted or tilted position for feeding, and do not prop the child's bottle. Hold the bottle so the head is looking straight forward.**
- **Early treatment produces excellent results.**



**Physical therapy can gently stretch the neck muscles.**



**The results of treatment are usually EXCELLENT!**