



SPOONER

REPOSITIONING TECHNIQUES FOR RIGHT-SIDED TORTICOLLIS AND LEFT-SIDED PLAGIOCEPHALY

Sleeping

- Infants should always be placed on their backs to sleep. Modify their sleep position by placing the infants head at the opposite ends of the crib on alternate nights.
- After your infant falls asleep, move the head to the right side (away from the flattened area).

Playtime

- Tummy Time – The more time your infant can spend playing on his/her tummy when awake and supervised...the better! Many infants resist this position at first, but only because it is unfamiliar. Most learn to enjoy it over time. Get down on the floor at your infant's eye level to play and choose toys that are stimulating for the infant.
- Reduce the amount of time the infant spends in car seats, carriers, swings, or any other device that allows the child to rest on the back of his/her head or causes curvature in the spine.

Changing Diapers

- Lie the child down so that you are standing on their right side so they must rotate that direction to look at you.
- Stretch and massage. Diaper changes are a consistent way to do the stretching exercises given by the child's therapist.

Travel

- Car seats – Move the car seat to the right side of the car that encourages the infant to turn their head toward the window and away from the side of tightness on the neck.
- Front carriers (i.e. pouches) – These allow your infant to be close to you without necessary forces to the head.

Other Helpful Hints

- Place toys, mirrors, and other objects of interest on the right side in which he/she does not prefer to look. This will help the child actively turn his/her head to that side.
- Encourage the child to look in the right direction right as much as possible. This can be done while the child is lying down, sitting, or being carried.
- Rearrange furniture in the nursery or living room so they must look to their right side. Even young infants are attracted to a light source and will try to turn their heads towards a window or the television.

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AN APPOINTMENT TODAY!**

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DATE: _____

PATIENT NAME: _____

THERAPIST NAME: _____

TORTICOLLIS INSTRUCTIONS FOR RIGHT-SIDED STRETCHING



- For the following stretching exercises, sit with your back against a wall and your knees bent.
- Place the child in your lap, with the child on his/her back and their knees tucked

Side Bending (Side bend your child's head to his/her left)

- Hold the child's shoulder down with your hand
- Place your other hand behind the child's head and slowly bend their head towards the left opposite shoulder
- Do not lift head off the floor or your lap
- Hold the position for 30 seconds. Repeat 3-4 times at every diaper change.



Rotation (Rotate your child's head to his/her right)

- Place your forearm on the child's left shoulder and slowly rotate the child's head toward the right side
- Alternatively, hold the child facing you, against your chest. Turn their head to the right and hold this position
- Hold the position for 30 seconds. Repeat 3-4 times at every diaper change.



Carrying Your Child

- Hold the child facing away from you, in a side-lying position, with the child's right side against your arm
- Place your other arm between the child's legs and support their body
- Carry the child in this position as much as possible.

