Torticollis is a shortening of your child’s neck muscles, which results in a head turn preference to one side and a head tilt preference to another side. It is important to stretch your baby daily, and complete other activities to improve their motor development.

**Stretch into Left Turn**
- Start with child lying on their back, cradle head with your LEFT hand and place other hand on child’s RIGHT shoulder.
- Try to have your child look at toy on the LEFT.
- Gently help child turn head further looking towards the LEFT; rest hand on head to keep them looking to the LEFT.
  - Stretch for 30 seconds or 3, 10 second holds.
  - Repeat 5+ times a day or with each diaper change.

**Stretch into Right Head Tilt**
- Hold the child’s LEFT shoulder down with your RIGHT hand.
- Place your LEFT hand cradling the back of the child’s head, and slowly and gently tilt the head towards the RIGHT shoulder.
  - Try to hold for 30 seconds or 3, 10 second holds.
  - Repeat 5+ times a day or with each diaper change.

**Football Hold Left**
- Hold your baby with their back to your chest, and their left side down, leaning to the left.
- Slowly lift your left elbow to gently tilt your child’s head to the right to stretch their neck to your child’s desired comfort level, or you can place your right hand on their left shoulder and your left hand to tilt their right ear to their right shoulder.
- Use a mirror to give your baby something to look at and you can check your position.
**Stretching Shoulders**  
- Lie your baby on their back.  
- Gently raise your child’s arm up overhead, and hold for 5 seconds. Repeat this motion 10 times, 3-5 times a day.  
- Make sure to keep your child’s arm straight and only move their arm until some push back is felt.  
- Play games such as “So big”.

**Reach in Midline**  
- Have your child lie on their back on the floor or in a floor gym.  
- Encourage them to reach up with both hands towards your face or toys.

**Chest to Chest**  
- Recline back in a chair and rest your baby on your chest.  
- Try to keep them awake and encourage them to pick up their head and look at your face when they hear your voice.

**Tummy Time**  
- Lie your baby on their belly on the floor or your lap.  
- You can place a rolled blanket or Bobby pillow under their arms for support.  
- Place a toy or get down in front of them to play.  
- Work up to 60 minutes each day.
Superman Carry
• Hold your baby belly side down, and carry throughout the house.
• This will help to make their necks and backs stronger.

Side Play
• Roll your baby to their side to play.
• You can add in stretching right ear to right shoulder.
• This is a great place to play to keep them off the back of their head and allow them to use both of their hands.

Midline Holding
• Cradle your baby in your lap with body parallel to your legs.
• Position their head in the middle (no turn, no tilt).
• Talk or sing to them in this position.