



Torticollis Information Sheet

Does your infant.....

- Look to one side, right or left, persistently?
- Have difficulty turning head to right or left when cued?
- Get upset with touch to the neck area or when placed on stomach?
- Appear to hold head in tilted fashion?
- Have asymmetrical head shape or face shape?

If you answered “**YES**” to any of the above questions, contact your primary physician about how physical therapy can be helpful for you.

- Torticollis describes an abnormal neck posture which may or may not be muscular in nature
- Torticollis may be an indicator of other physical and/or neurological impairments
- Torticollis may affect; mouth, tongue, jaw, vision, head shape, face shape, ear positioning, and development of spine
- Torticollis may interfere with developmental milestones
- If your infant’s head shape is significantly affected, the optimal age of correction is \approx 3-6 months
- DO NOT “wait and see” if neck problems clear up without intervention

How can a pediatric therapist help my child?

1. Professional assessment of muscles and joints
2. Professional assessment of gross motor development with testing
3. Stretch tight muscles
4. Strengthen weak muscles
5. Recommend cranio-shaping helmet if needed
6. Consult with other physicians/specialists who may need to further assess your child

For an evaluation or for a free consultation please call us!