

## **STRETCHING FOR TORTICOLLIS**

(Home Instructions)

### **PURPOSE:**

To stretch tight muscles which will make it easier for the infant to move his/her head properly.

### **INSTRUCTIONS:**



- 1) Place child on back.
- 2) Place Rt hand on top of infant's Rt shoulder and Lt hand under Lt side of infant's head **OR** place Lt hand on top of infant's Rt shoulder and Rt hand under Rt side of infant's head.
- 3) While holding shoulder down, move head toward opposite shoulder.
- 4) When you feel tightness, move a little further, then stop and hold for count of 5.
- 5) Release your pressure. Repeat 5 times.

Four times each day including following the infant's bath.

### **DESIRED RESPONSE:**

The tight muscle should gradually loosen so the head can be moved without any resistance.

### **SPECIAL INSTRUCTIONS:**

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