



By Winta Desta

Helping parents achieve parenting mastery!
parentplaybook.co

Torticollis & Plagiocephaly

TORTICOLLIS

- Increased muscle tension in your baby's neck muscle, the sternocleidomastoid (SCM), that results in a head tilt and/or decreased neck movement
- Can be resolved with active treatment like physiotherapy



PLAGIOCEPHALY



- Asymmetrical flattening of your baby's head
- May also cause asymmetry in your baby's eyes and ears
- Can be resolved with active treatment like exercise and positioning and passive treatment like helmeting

PREVENTION & TREATMENT STRATEGIES

- Tummy time! Try to incorporate 30-60 minutes of tummy time per day.
- Incorporate side lying into playtime to help with head shape.
- Encourage your baby to move their head and body in both directions (e.g. neck rotation, reaching with both hands, rolling to both sides)
- Limit use of containers (e.g. swings, strollers, etc)



HAPPY, HEALTHY KIDS AND PARENTS IS YOUR GOAL,
AND OUR GOAL. WE ARE EXCITED TO GUIDE YOU
TOWARD PARENTING MASTERY!

parentplaybook.co