



## TWIN FALLS

254 River Vista Place  
(208) 734-7333

## BURLEY

1259 Overland Ave  
(208) 647-0184

## BELLEVUE

733 N. Main Street  
Suite E  
(208) 788-0777

Physical,  
Occupational,  
&  
Speech  
Therapy

providing  
one-on-one  
individualized care  
for adult and pediatric  
clients

# Torticollis & Plagiocephaly

**Congenital Muscular Torticollis (CMT)** refers to tight muscles on one side of a child's neck. It usually causes a child's head to be tilted to one side and/or turned to the opposite side.

**Plagiocephaly** (play-jee-o-SEF-a-lee) is an abnormal head shape that lasts beyond 6 weeks after birth. An infant's skull is soft to allow for growth. If a child is in the same position for too long a flat spot can form. It can also include:

- Forehead and cheek bulging
- One ear pushed forward
- A tilted jaw
- One eye appearing larger than the other
- Flattening on the back or side of the head

### **Potential Causes of Torticollis and Plagiocephaly**

Torticollis:

- Positioning in the womb
- Lack of oxygen to neck muscles
- Trauma during birth

Plagiocephaly:

- Too much time in one position
- Presence of torticollis
- Lack of tummy time
- Premature birth



Imbalance in muscle strength

- Prolonged time in car seat
- Complications during birth
- Positioning in utero

### **Treatment Options for Torticollis and Plagiocephaly**

Physical therapy can be very effective for torticollis and plagiocephaly.

Starting treatment early in life improves the success rate.

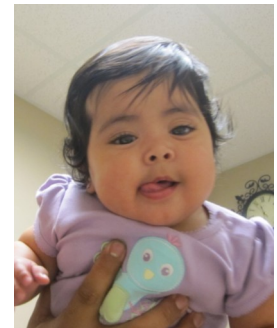
Physical therapy may include:

- Education about the conditions
- Stretching tight muscles
- Strengthening weak muscles

### **Importance of Tummy Time**

Tummy time allows your baby to:

- Develop strong muscles on the back of his body
- Stretch muscles on the front of his body
- Improve body awareness
- Develop balance and weight shifting
- Help prevent torticollis and plagiocephaly
- Roll, crawl, pull to stand and walk earlier than babies who do not have tummy time



***Tummy time can begin the first day your baby is home from the hospital. While your child is awake, play with him for short periods of time (3-5 minutes) while he is on his tummy 2-3 times each day. Increase time as your baby shows enjoyment with activity.***

### **Sleeping Positions**

In 1992, the American Academy of Pediatrics began the "Back to Sleep" program. This program has decreased the incidence of Sudden Infant Death Syndrome (SIDS) by 40%. It is important for your baby to sleep on his back, but this has led to an increased risk of developing torticollis and plagiocephaly. Here are a few tips to promote normal head shape: Alternate which end of the crib you place the baby's feet. This will encourage your baby to turn his head toward light or objects in different positions.

*Treating You To A Better Life*

[www.primarytherapysource.com](http://www.primarytherapysource.com)