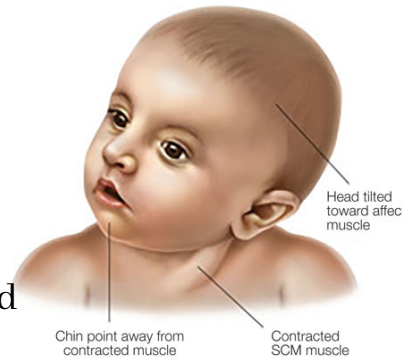


What is it?

- When child's head is tilted to one side causing difficulty turning head to other side
- Can occur on either right or left side of the neck. (Right side is more common).

Signs and symptoms

- Limited range of motion on affected side
- Head remains tilted to one side
- Flattening areas on child's head



<https://cranialtherapycenters.com/torticollis/>

How can OT help?

- Encourage play in non-preferred side
- Play activities on tummy time
- Muscle stretching exercises
- Provide home stretching exercise program for families

