

Definition

Congenital Torticollis

is a deformity of the neck caused by a shortening of the neck muscles, which typically causes the head to tilt and rotate to one side. Congenital Torticollis is usually evident at birth.

Plagiocephaly

is when a baby develops a misshaped head due to extended pressure on one area.

Warning Signs

- Typically looks or sleeps with head in same direction
- Difficulty tolerating a variety of positions
- Noticeable head tilt
- Resists turning head from side to side
- Dislikes tummy time
- Head is flat in the back or flatter on one side
- Difficulty nursing on one side

Things to Avoid / Risk Factors

- Laying baby on back for extended periods of time
- Using car seats, swings, bouncy seats for extended periods of time
- Spends extended periods of time on inclined surfaces
- Multiple births (ie twins, triplets, etc)
- Premature babies are at higher risk for plagiocephaly

Helpful Activities

Positioning

You should always put your child to sleep on their back; however, you should try to encourage their head to turn in a different direction at each sleep time.

Throughout the day when your child is awake for extended periods of time you should constantly change their positioning.

Tummy Time

Tummy time refers to placing your baby on their tummy. This should be started after the baby is born, and should always be supervised. This works best if it is incorporated into their daily schedule just as you would feeding and diaper changes. The first two to three months are the most critical for the baby's head shape.

Inclined Surfaces

These can be your best friend, but also your biggest enemy. An "inclined surface" includes a car seat/carrier, swing and bouncy seat. COMBINED, these should not make up more than three hours of your baby's day. Don't forget to count all shopping trips, meals out, naps, walks, errands, etc.

Dallas

Phone (214) 575-2999

Fax (214) 575-2727

Fort Worth

Phone (817) 546-8661

Fax (817) 546-3679

Waco

Phone (254) 751-0253

Fax (855) 715-3504

Austin

Phone (866) 919-3240

Fax (877) 300-7394

www.KidsCareTherapy.com

If you have concerns regarding if your child may have Torticollis or Plagiocephaly you should contact your physician to ensure your child does not have a more severe condition that may require surgery, or to possibly receive a referral for a Physical or Occupational therapy screening.