



Torticollis & Plagiocephaly

What is it?

Torticollis

A common condition in infants in which the head tilts to one side usually secondary to tightness in the neck muscles. Common causes include positioning in the womb, injury during birth, or positioning after child birth.

Plagiocephaly

A fancy name for a flat spot on your babies head. Often is caused by your infant spending to much time on their back.



Early Signs of Torticollis

- Head tilts to one side
- Strong preference to turn head to one side
- Limited range of motion in head and neck
- Asymmetry in your baby's head and face (flattening on one side of the head)
- Breastfed babies may prefer one side over the other

Tips for Flat Spots

- Spend less time in baby equipment
- Increase time spent playing on tummy
- Encourage your baby to look to their non-preferred side
- Hold your baby in a variety of ways



When Should You Seek Treatment?

- If you have concerns about your baby's development or head shape it is important to act quickly.
- If you notice a tilt or a preference to one side it is important to have your baby screened by your pediatrician to rule out other more serious conditions.
- A physical therapist can help treat torticollis and plagiocephaly with an individualized plan.

