

Instructions for Stretching and Positioning Left Sternomastoid Torticollis



Stretching

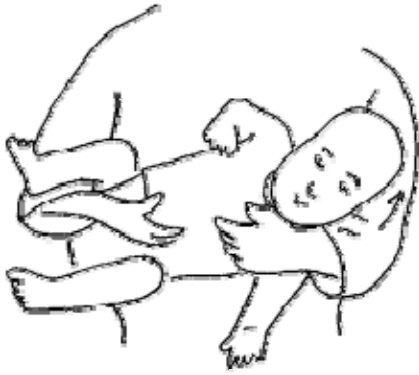
1. For the following stretching exercises, the parent sits with the back against the wall and knees bent.
2. Place the child in your lap, with the child on her back and knees tucked.

Sidebending

1. Hold the child's LEFT shoulder down with your RIGHT hand.
2. Place your LEFT hand on top of the LEFT side of the child's head, and slowly bend her head towards her RIGHT shoulder.
3. Hold the position for 10 seconds. Repeat 15 times, 4 to 6 times a day.

Rotation

1. Place your LEFT forearm against the child's RIGHT shoulder, and cup the child's head with the same hand.
2. Use your RIGHT hand to hold the child's chin.
3. Slowly rotate the child's face to her LEFT.
4. Hold the position for 10 seconds. Repeat 15 times, 4 to 6 times a day.



Positioning

Playing on stomach: When the child is on her stomach, position all toys in the crib so that the child has to turn her face to the LEFT.

Carrying

1. Hold the child facing away from you, in a side-lying position, with the child's LEFT ear resting against your LEFT forearm.
2. Place your RIGHT arm between the child's legs and support the child's body.
3. Carry the child in this position as much as possible.

Other Suggestions

1. Hold toys so that the child has to look up and out to her LEFT.
2. Position child in crib so that activities in the room encourage her to look LEFT.
3. While bottle feeding the child, position her to face LEFT.
4. While holding the baby across the shoulder, position her to face LEFT.