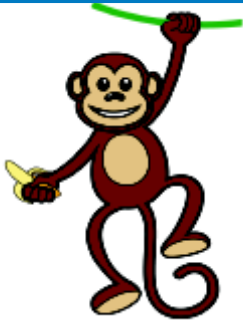


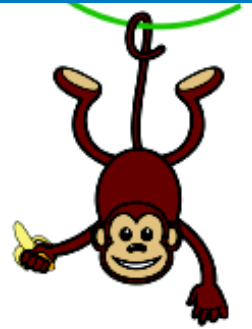
Children's Therapy Services

Stretching and Positioning for Left Sternocleidomas-toid 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 20-30 seconds. Repeat 3 times at every nappy change.



Rotation

Starting Position:

Position your child's head in midline or slightly to the **RIGHT**.

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 20-30 seconds. Repeat 3 times, at every nappy change.



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.



Positioning for a child with a head turning preference to the RIGHT

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**.
5. During tummy time play, position all the toys so the child has to turn her head to each side and look up.
6. Try turning your baby's head to the **LEFT** when she is asleep.
7. Try not to use the car seat for anything apart from being in the car.

(Orthoseek.com, 2014 & Association of Paediatric Chartered Physiotherapy, 2011)

This is only for children resident in Calderdale or Huddersfield.

If you have any comments about this leaflet or the service you have received you can contact :

NHS at Broad Street Plaza
Northgate
Halifax HX1 1UB
Telephone No: 01422 261340

Children's Therapy Services
Princess Royal Health Centre
Greenhead Road
Huddersfield HD1 4EW
Telephone No: 01484 344299

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce,
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych
informacji w innym formacie lub wersji językowej,
prosimy skontaktować się z nami, korzystając z ww.
danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"