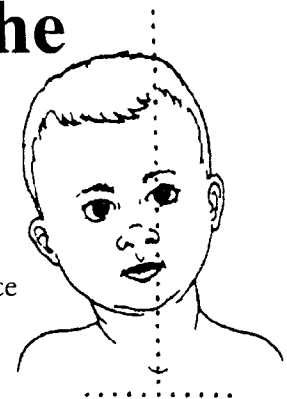


Neck Stretching Exercises for the Right SCM

A tight muscle (sternocleidomastoid) on your baby's right side of the neck causes a head tilt to the right. This tight muscle probably attributed to the baby's preference for turning left (thus the flat spot on the left), and can greatly affect the symmetry of the head, face and ears.

**To optimize correction while in the DOC Band®, you must help stretch this muscle.*

These stretches must be done with the DOC Band off.

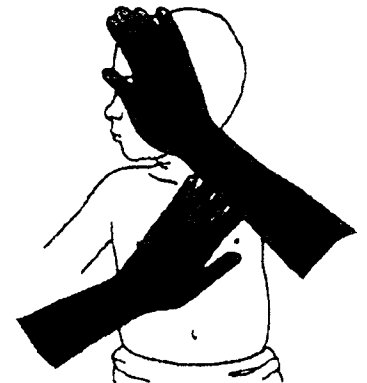


Right head tilt

1. Rotation Stretch

Hold the baby's left shoulder down & gently turn the head all the way until the chin is over the right shoulder. **Hold** this position for **10-15 seconds**. **Repeat 3 times**. Do **5 sessions** daily.

(This exercise is designed to rotate the baby's head to the right).



1. Rotation Stretch

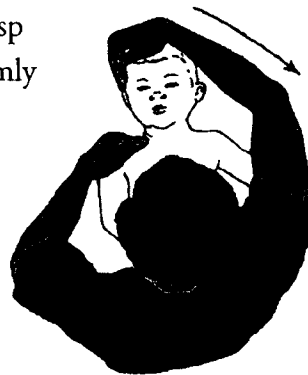
2. Sidebend Stretch

Hold the baby's right shoulder down and grasp the head with your right hand. Gently but firmly sidebend the head to the baby's left side (ear to shoulder). Make sure the infant stays on its back and does not turn the head; keep the baby looking toward your face.

Hold the position for **10-15 seconds**.

Repeat 3 times. Do **5 sessions** daily.

(This exercise is designed to sidebend the right ear to the left shoulder).



2. Sidebend Stretch
(Start position)



Sidebend Stretch
(End position)

Do the stretches slowly. The infant may resist, due to frustration or tightness, not pain. You may prepare the muscle with a gentle massage or warm compress. A toy can help focus the baby's attention in the right direction.

Remember the value of the baby playing on its tummy when awake. This strengthens the neck and enhances developmental skills.

GUIDE FOR PARENTS

What to do if your baby has torticollis

Some babies are born with a tight neck muscle that was caused by the way they were laying inside their mother's uterus. This condition is called *torticollis*. If your baby has torticollis, you may notice that he (or she):

- Has a tilted jaw or uneven mouth when crying
- Has slight flattening of the head on one side
- Keeps his head turned or tilted to one side
- Likes to breastfeed when laying on one side but not the other

These things usually go away in a few weeks, but there are steps you can take to help ensure that they do and that your baby doesn't develop a flat or misshapen head. Babies with torticollis may be at risk of developing flatness on one side of the head because their little neck muscles are tight on one side and weak on the other. Because of this tightness, they tend to keep their head in the same position when they are sleeping on their back. (Remember the pediatrician's advice: All infants—including those with torticollis—should be put to sleep on their back to reduce the risk of sudden infant death syndrome, or SIDS!) The skull of a newborn is soft, so laying with the head always on the same side can cause flattening in some babies.

Remember, babies should always *sleep* on their back.

Adapted from the University of California, San Diego, division of neonatology patient handout, "Neck Exercises for Babies with Torticollis"

Steps to take

- When your baby is awake, play and talk to him when he is on his tummy. Do this as often during the day as you can!
- Put your baby in different positions in your arms, the crib, the swing, or when feeding, so that he practices turning his head in both directions.
- When not in the car, do not use the car seat too much as an infant seat or carrier.
- Talk to your baby's doctor if you think his condition is getting worse.
- With the pediatrician's approval and guidance, stretch the baby's neck muscles by doing the exercises described below four or five times a day. You should continue to do these until the baby is 1 year old, although in the later months you won't need to do them so often.

Neck-stretching exercises

1. Slowly *turn* the baby's head (chin to shoulder). Hold this position for 10 seconds. Then turn the head to the other side and hold for 10 seconds. Do this three times to each side.
2. Slowly *tilt* the baby's head (ear to shoulder). Hold for 10 seconds. Then tilt the head to the other side and hold for 10 seconds. Do this three times to each side.

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Invisible Laser Ra
Avoid skin or eye
direct or scattered
Class 4 Laser Product
Wavelength: 2940nm
Duration: 600 microseconds