



Pediatric Therapy Network

What is Torticollis?

-- A parent handout --

Torticollis as defined by the Pediatric American Physical Therapy Association (APTA):

- An imbalance in flexibility & mobility
- An imbalance in muscle strength
- Typically characterized by head tilt to one side and head turn to the opposite side
- Usually involves one of the muscles on the side of the neck
- Right Torticollis = Baby tilts their head to the right and prefers to look left
- Left Torticollis = Baby tilts their head to the left and prefers to look right

Five Signs of Torticollis:

Your baby may...

- Hold their head tilted and/or turned to one side
- Avoid turning head to one side
- Struggle more with nursing or taking a bottle on one side
- Use one hand more when reaching or putting hand to mouth
- Demonstrate difficulty protecting their head due to poor neck strength
- Show flattening on one side of their head



What to Expect in Physical Therapy:

- Restore normal movement patterns
- Stretches
- Strengthening
- Positioning
- Massage

Torticollis Can Impact:

- Rolling
- Crawling
- Standing skills
- Walking
- Head control
- Neck strength

Questions?

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