

Rehab3

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Torticollis and Plagiocephaly



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Torticollis and Plagiocephaly

Torticollis and plagiocephaly, when detected early, are effectively treated and easily corrected through physical therapy.

Torticollis (wry neck) is a condition that causes a child's head to rotate and/ or tilt to one side. It is caused by muscle shortening in the child's neck. If this goes untreated, head deformity, facial deformity, and developmental delays can occur.

Plagiocephaly (flat head syndrome) refers to a persistent flattened spot on the back or side of the baby's head. It can be caused when a baby sleeps in the same position repeatedly or due to torticollis. Children are born with symmetrical heads which should continue through development. If this is not the case, your child may have plagiocephaly.

While it is normal for a child to prefer lying on one side or tilting their head, it is not normal to spend all their time in these positions. A child should have the ability to turn their neck equally and easily to each side and they should spend equal time on each side of their head when resting.

You should contact your child's pediatrician if you notice any of the following:

- your baby's head remains constantly turned to one side
- your baby's head remains tilted to one side
- your baby's neck muscles seem tight
- your baby's head is asymmetrical beyond age 6 weeks
- your baby has a flat area after age 6 weeks

For more information, contact:

- Rehab 3 Center for Pediatrics at 603-330-8952
- Rehab 3 at Marsh Brook at 603-749-6686
- Rehab 3 at Wentworth-Douglass 603-740-2101

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