

Torticollis Key Points



Neck tightness is often seen with plagiocephaly (head flatness).



Torticollis can impact gross motor skill development.



Neck movement can be improved with daily positioning, active exercises and stretches.



Set up your baby's environment to help them to look to their non-preferred side during sleeping, feeding, etc.



Encourage them to look in their non-preferred direction during play.



BC Centre for Ability

Beyond challenges—the sky's the limit