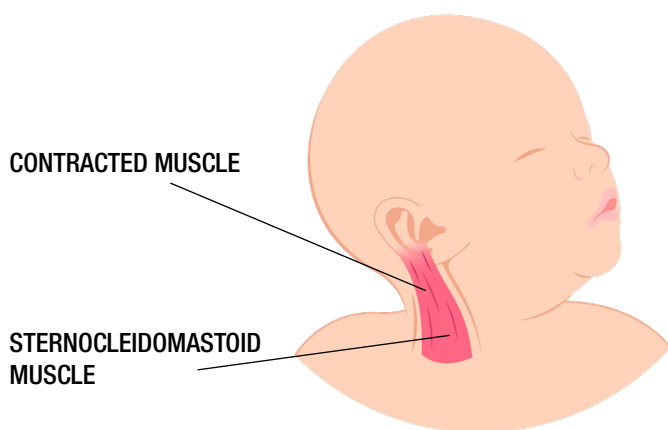


TORTICOLLIS

Specialized physical therapy to support typical movement and development

At the Casa Colina Children's Services Center, we understand how important early intervention is for your child's growth and well-being. Congenital muscular torticollis (CMT) is a common postural condition seen shortly after birth. With skilled physical therapy, most children make excellent progress and go on to develop typical movement skills.



TREATMENT

Early treatment is key since CMT is not expected to resolve spontaneously without PT management. Talk to your pediatrician right away about a PT referral to give your child the best chance for success. Therapies at Casa Colina focus on helping your child achieve balanced, pain-free movement.

Treatment may include:

- Conscientious positioning
- Range of motion and strengthening exercises
- Motor development activities
- Parent education on a home exercise program

By the time therapy is complete, your child should be able to:

- Hold their head in the middle with ease
- Fully turn and tilt their head in both directions
- Develop equal strength on both sides of their neck
- Use both sides of their body equally during movement and play



Children's Services

Congenital muscular torticollis (CMT)

CMT typically presents as side bending of the neck to one side and head or chin rotation to the opposite side. It is due to the shortening of the sternocleidomastoid muscle on one side of the neck and may be accompanied by other musculoskeletal or neurological conditions. Our physical therapists provide an assessment of the infant's neck and postural differences, determine a plan of care that may include stretching and other interventions, parent education and home programs to address these postural differences.

When to ask your physician for a referral to physical therapy (PT):

If you notice any of these signs in your child, talk to your pediatrician about a referral to PT:

- Consistent tilt or rotation of neck or body
- Limited ability to turn or tilt the neck equally to both sides
- Hand preference: reaching with or placing one hand to mouth more frequently
- Difficulty nursing or feeding on one side
- Flattening of the head or facial asymmetry
- Noticeable tightness or a small lump in the neck muscle

** Information adapted from the APTA Academy of Pediatric Physical Therapy on Congenital Muscular Torticollis

For more information, please contact:



909/596-7733, ext. 4200



www.casacolina.org

