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## What is Torticollis?



Torticollis or “wry neck” in infants is a condition involving a tightness or weakness in the muscles of the neck causing the baby’s head to tilt to one preferred side.

Some babies are born with a head tilt due to their crowded position in the womb during late pregnancy. Some babies develop this condition after birth due to positioning with the head to one side.

Torticollis is usually treated by a **Paediatric Physiotherapist**. Treatment usually involves stretches, positioning advice, baby exercises and massage. An improvement in neck range of motion is usually measurable within 2 weeks.

If torticollis is untreated it can lead to delayed motor skills or head shape issues. Plagiocephaly can develop due to tight neck muscles pulling unevenly on the growing bones of the head.

A highly skilled Paediatric Physiotherapist will perform a thorough assessment to confirm which muscles are tight, which muscles are weak and if gross motor skills are delayed. A specific home exercise and stretching program is then prescribed. Progress is measured and home exercises are advanced with a few follow-up consultations.

If you are concerned about your baby’s head tilt, head shape or delayed rolling over, you can make a Paediatric Physiotherapy appointment with Fiona Elliott at Total Physiotherapy Manly Vale on 9907 0321.