RANGE OF MOTION:

Active (Child does it)

Active Rotation





Active Side Bending



LEFT ear to LEFT shoulder



RANGE OF MOTION:

Perform at every diaper change. Goal is 20 seconds x 3.

Passive (You do it)

Passive Rotation





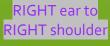
Passive Side Bending





LEFT ear to LEFT shoulder









Torticollis

Congenital Muscular Torticollis (CMT) is identified by a head tilt to one side and rotation to the opposite side due to shortening of the neck muscles.



Locations:

206 Ridgewood Avenue Brandon, FL 33510 (813) 662-1060 Fax: (813) 662-0530

1215 E. Orange Street Lakeland, FL 33801 (863) 802-3800 Fax: (863) 802-0480







Tummy Time On the floor, boppy, or chest for a **TOTAL** of one hour per day

Exercises

Boppy or Rolled Towel Positioning Promote looking toward non-preferred side

Pull to sit prior to picking up child

















Weight bearing through elbow /hand to promote opposite ear to shoulder















RIGHT ear to RIGHT shoulder





RIGHT ear to RIGHT shoulder