

## RANGE OF MOTION:

Active (Child does it)

*Active Rotation*



Looking LEFT



Looking RIGHT

*Active Side Bending*



LEFT ear to LEFT shoulder



RIGHT ear to RIGHT shoulder

## RANGE OF MOTION:

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

Passive (You do it)

*Passive Rotation*



Looking LEFT



Looking RIGHT

*Passive Side Bending*



LEFT ear to  
LEFT shoulder



RIGHT ear to  
RIGHT 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



**PEDIATRIC  
THERAPY  
SERVICES** | where  
children  
learn and leap



**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



Looking LEFT

Looking RIGHT



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



LEFT ear to LEFT shoulder



RIGHT ear to RIGHT shoulder



LEFT ear to LEFT shoulder

**Diaper Changes / Bath Time**  
Promote child looking toward non-  
preferred side with changing diapers and



Looking LEFT



Looking RIGHT



RIGHT ear to RIGHT shoulder