Does my baby have Torticollis?
Torticollis is a musculoskeletal condition that some babies and infants have. A shortened neck muscle inhibits full movement of the baby’s head. That means the baby will have a persistent head tilt to the affected side, with the chin rotated toward the opposite shoulder.

Often parents are the first to notice the condition. Here are some signs to look for:

- Does your baby prefer to turn her head to one side over the other?
- When looking at your baby’s pictures, does her head always seem tilted or turned to one side?
- Is there flattening on the back of your baby’s head?
- Do you notice that your baby has trouble using one side?
- Does your baby only roll in one direction?
- Does your baby fall to one side all the time?
- Is your baby reaching with one hand?

What Causes Torticollis?
The true reason is unknown and each child has had different factors. For Congenital Muscular Torticollis (CMT) theories include intrauterine positioning and/or decreased blood supply or trauma to the sternocleidomastoid (SCM) muscle during pregnancy or birth.

I think my baby may have Torticollis. What should I do?
Positioning the baby is very important. Remember, “back to sleep, tummy to play”. If you have concerns about your baby’s head and neck, make sure to talk to your pediatrician about them as soon as you notice them. Your pediatrician can diagnose torticollis. Torticollis is much easier to treat and has much better outcomes when diagnosed and treated in younger infants.

Physical therapy can help to stretch and strengthen the affected muscles and is a very effective and successful treatment. Your pediatrician can give you a script for a PT evaluation for Torticollis. For more information, call the Pediatrics department at Bacharach, (609) 652-7000 x 5468.