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# Physiotherapy for children with Plagiocephaly and/or Torticollis

As your child's head grows you can use positioning and movement to gain a rounded, symmetrical head or skull shape and full neck movement.

## Suggested positions for your child

- alternate the head end of your child's cot; this will make your child look to either side as you approach them.
- carry your child astride alternate hips to vary the direction in which they face. You can also place your child over either shoulder or sitting on your arm facing away from you. An older infant can be carried on their tummy on your arm (Superman position). Using a variety of carrying positions places pressure evenly over the skull and prevents flattening.
- when your child is playing indoors lying on the floor, use a rolled towel behind their back to keep them lying on their side looking at you or at toys.
- all children should lie on their tummy for short periods of play every day. This can be done from the age of six weeks. You should always supervise your child when they are on their tummy. If your child dislikes this position try to lie them on you, as you lie on your back on the floor or sofa. You can also use a rolled towel under their chest to help your child lift their head. This position will help your child to develop head control and is the starting position for developing rolling and crawling.



Image: Clare Bloomfield / FreeDigitalPhotos.net

## Positions to avoid

Avoid prolonged periods in car seats and buggies as your child will be positioned with their head to one side; this encourages flattening of the skull.

## Activities for your child

Position yourself or toys to the side of your child to encourage looking around in all directions. Your child will then make an effort to reach out or move towards you or the toy.

- help your child to roll over. The physiotherapist can demonstrate this to you.
- use rattles and bright toys to attract your child's attention and move the toy. Your child should follow the toy which will help in the development of head control.

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