



Patient Name:

DOB:

Today's Date:

Discipline:

Program goal/time:

TORTICOLLIS: Supine Cervical Side Bending Stretch



Use one hand to stabilize your child's right shoulder. Place your other hand on top of or behind your child's head. Slowly bend your child's neck, bringing the LEFT ear toward the LEFT shoulder.

Move head until slight resistance is felt on the neck. Try to hold this stretch for XX seconds, repeat XX times during the day.

TORTICOLLIS: Cervical Rotation



While the child lays on his back, place one hand on the right shoulder. Use the other hand to turn the child's head until he is looking to the left as if looking over his shoulder.

Move head until slight resistance is felt on the neck. Try to hold this stretch for XX seconds, repeat XX times during the day.

Cervical Flexor Stretch



Stand behind the child. Place flat hands along both sides of child's jaw line. Gently stretch neck and head back (eyes look to the ceiling) and slightly looking towards the left (as shown in the picture).

Move head until slight resistance is felt on the neck. Try to hold this stretch for XX seconds, repeat XX times during the day.

TORTICOLLIS: Carry Hold Stretch RIGHT



Have child straddle your LEFT arm and reach across to the child's RIGHT shoulder. Gently hold the shoulder in place. Use your RIGHT hand to stretch their neck, creating space between shoulder and ear.

Move head until slight resistance is felt on the neck. Try to hold this stretch for XX seconds, repeat XX times during the day.

MASSAGE



Massage the upper trapezius muscle (the area circled) on both sides for a total of XX minutes. This can be done anytime. Most kids tolerate it better after bath time and with lotion.

Signature

Typed name

Date

Title