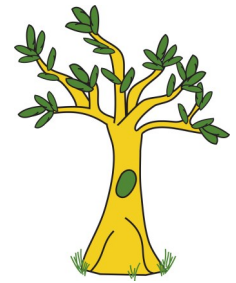


Congenital Muscular Torticollis

Frequently Asked Questions



1. What is Torticollis?



Torticollis is a condition caused by the shortening of the sternocleidomastoid muscle. This muscle is used to bend the head and neck to the side of the contracting muscle, as well as rotation to the opposite side. When this muscle shortens, a baby's head and neck will be tilted toward the affected side, and rotated away from that side.

2. Does my child really need therapy?



Studies have shown that with treatment, greater than 80% of children recover completely, with no long-term effects. In children receiving no therapy, 20% may have residual deformities, and may experience gross motor delays and feeding difficulties.

3. What will therapy involve?



★ Positioning to return the head back to the center, as well as to stretch tight muscles.

★ Stretching of the tight neck muscles to increase range of motion.

★ Strengthening the weak and stretched-out neck muscles to improve head control and active movements in all directions.



★ Promoting active rotation toward the involved side through placement of toys, objects, and people.

★ Facilitation of age-appropriate gross-motor skills.

4. How long will therapy last?



It is important to remember that every child is different, and the therapist will tailor the treatment to meet the child's individual needs. Treatment will involve the caretakers in a home-therapy program. Typically, treatment lasts anywhere from three to twelve months.

