

Follow these tips from the time your baby is born unless otherwise directed by your doctor or other medical professional.

Correct head and body position so neither are off to one side for extended periods of time.

For example, put your baby in your lap facing you.



Also, center head and body while in the car seat.



No. 1

CENTER BABY'S HEAD AND BODY

No. 2

ENCOURAGE BABY TO LOOK BOTH WAYS



Alternate holding baby on your left and right arm while feeding.



Put interesting infant toys on both sides of your baby.

Your baby should always sleep on his/her back. Turn your baby's head to the opposite side each night to prevent a flat spot from developing on one side.

No. 3

BACK TO SLEEP



You may also alternate which side is the "head of the bed" when placing baby in crib each night. This helps baby turn to each side to see out of the crib.

No. 4

WHILE AWAKE AND SUPERVISED
TUMMY TO PLAY

At least **3** times each day, place your baby on his/her tummy to play.



During the first 6 months, supervised tummy time while awake helps your baby's motor development.



All above photographs used with permission from Children's Healthcare of Atlanta "Tummy Time Tools" available at: <https://www.choa.org/medical-services/orthopaedics/orthotics-and-prosthetics/tummy-time-tools>

No. 5

MINIMIZE TIME IN "CONTAINERS"



Limit baby's time in infant positioning equipment (such as car seats and strollers) to only the time your baby is being transported.

Minimize the time your infant spends in other infant positioning equipment (such as infant swings, bouncy seats, and infant/toddler rockers).



DO:

1. Hold your baby in your arms or using a sling instead of a container.
2. Allow baby to play freely in a playpen or on a blanket on the floor with adult supervision.
3. Remember tummy time to play!

American Physical Therapy Association Move Forward "Container Baby Syndrome". Available at: <https://www.moveforwardpt.com/SymptomsConditionsDetail.aspx?cid=53d90264-1846-4b86-891f-0facc63db3e8>

SIGNS OF CONGENITAL MUSCULAR TORTICOLLIS (CMT) TO WATCH FOR:

Monitor for these early signs of CMT (neck muscle tightness and movement preference). Talk to your physician/medical provider about seeing a physical therapist if you notice:

1. Baby holds head tilted or turned to one side.
2. Baby struggles more with nursing or feeding on one side.
3. Baby's head is flat on one side on the front or back.
4. Baby avoids turning head to one side.
5. Baby prefers to use one hand more when reaching or putting hand to mouth.



Start physical therapy.

If you notice signs of congenital muscular torticollis:

Starting physical therapy sooner is better.

Starting physical therapy care as soon as possible gives your baby the best chance for the best outcome.

Users of this resource are strongly encouraged to read the full clinical practice guideline:

Kaplan SL, Coulter C, Sargent B. Physical therapy management of congenital muscular torticollis: a 2018 evidence-based clinical practice guideline from the APTA academy of pediatric physical therapy. *Pediatr Phys Ther.* 2018;30:240-290.

Available at: https://journals.lww.com/pedpt/Fulltext/2018/10000/Physical_Therapy_Management_of_Congenital_Muscular.2.aspx

This document along with other 2018 CMT CPG implementation resources are available at: <https://pediatricapta.org/clinical-practice-guidelines/>

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Knowledge Broker Network (KBNet) contributors M McKinney, PT, DPT, PCS, S Kent, PT, DPT, PCS, C Daly, PT, DPT, PCS