

# Torticollis Treatment Worksheet



Torticollis is relatively common in newborns. When Torticollis is present in newborn babies, it's called Infant Torticollis or Congenital Muscular Torticollis. It's sometimes present at birth but can also appear up to three months later. This worksheet is a great resource to support therapists in the effective treatment of infants displaying Torticollis.

## 1

Screen all patients < 12 months.

Treat the entire body; NOT just the neck.

Outcome measures that may be helpful: TIMP, AIMS, PDMS-2, Argenta Scale for Plagiocephaly, Muscle Function Scale.

## 2

### TREATMENT

- A. Regain range of motion
  - Address the neck, trunk, and extremities
- B. Strengthen
  - Trunk Control
  - Head Control
  - Head righting in all work in all positions
- C. Address asymmetries
- D. Gross motor skill acquisition
- E. Provide HEP
  - Keep it simple
  - Update regular
  - Make sure caregivers are comfortable
  - Adjust as needed

## 3

### DISCHARGE

**Discontinue direct therapy when the following are met:**

- A. Passive ROM of neck within 5 degrees of non-affected side
- B. No visible head tilt
- C. Age-appropriate milestones
- D. Symmetrical active movements
- E. Caregivers understand HEP and know when to contact therapist

Follow up with patient when they are walking to reassess for any delays or asymmetries.