

# TREATMENT:

- **Physical therapy is used to gently stretch the neck muscles on the tight side and strengthen the muscles on the opposite side.**
- **Placing toys where the infant has to turn his head to see them will gently stretch the muscle. Position the child to encourage him or her to turn the tight side of the neck to look at other children, caregivers or the door and window.**
- **Do not allow the child to lie in the twisted or tilted position for feeding, and do not prop the child's bottle. Hold the bottle so the head is looking straight forward.**
- **Early treatment produces excellent results.**



**Physical therapy can gently stretch the neck muscles.**



**The results of treatment are usually EXCELLENT!**