

# Torticollis and Plagiocephaly Solutions

*Early Diagnosis is Critical!!!*



Torticollis



Normal



Plagiocephaly

**Torticollis** is seen when the head becomes prospectively tilted and/or turned to one side due to the muscles in the neck being tight, weak or in spasm.

**Plagiocephaly** is the flattening of the skull, which occurs when Torticollis goes untreated or babies spend too much time on their back.

## **Physical Therapy 4 Kids provides:**

- A complete developmental evaluation
- 1:1 direct, hands-on treatment
- A comprehensive home exercise program
- Recommendations for proper positioning
- Sessions in our **state-of-the-art office** or the **patient's home**

**Best results with babies referred to us  
between ages 4 weeks to 4 months!**



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