Physiotherapy is crucial for children with torticollis. A Physiotherapist can HELP relieve symptoms.

What Do We Offer:

- **Physio Kids** - Torticollis, Clubfoot, Developmental Milestones • Treatment of Blocked Ducts For Breastfeeding Moms • Sports Injuries • Musculoskeletal Assessments • Motor Vehicle Accidents • Acupuncture • Massage Therapy • Ultra Sound • Chiropractic Services

Torticollis, or Wryneck which means, “twisted neck”, in Latin is a symptom that causes a child’s chin to rotate to one side while the head turns to the other side.

**CONGENITAL TORTICOLLIS**

Congenital muscular torticollis, (present at birth), occurs when the sternocleidomastoid muscle on one side of the neck becomes tighter than the other, pulling the head and neck to that side. This tightness may have been developed due to the baby’s positioning in the uterus, or if muscles were damaged during a difficult delivery.

In addition to the head posture, a lump, (scar tissue) in the affected muscle can sometimes be felt. This is usually noticeable between 2 and 8 weeks of age. In some instances, it can lead to plagiocephaly, (flat head), and facial asymmetry if your child’s head lies in the same position all of the time. Congenital torticollis usually improves with range of motion, stretching exercises, positioning, and massage.

**ACQUIRED TORTICOLLIS**

Children with acquired torticollis tend to hold their neck to one side and will experience limited movement as a result of pain or stiffness. The cause is generally unknown, however, it can be caused by trauma, inflammation, or simply improper positioning in a car seat. Early detection and initiation of physiotherapy is related to improved outcomes and less need for medical intervention or equipment such as, baby helmets for cranial shaping.

**Work-Fit**

**TOTAL THERAPY CENTRE**

Oakville Hospital
327 Reynolds St.
Oakville, ON L6J 3L7
T: 905.845.9540
F: 905.815.5109

Milton Hospital
7030 Derry Rd.,
Milton, ON L9T 7H6
T: 905.876.7007
F: 905.876.7005

Georgetown Hospital
1 Princess Ann Dr.,
Georgetown, ON L7G 2B8
T: 905.873.4598
F: 905.873.4567

www.WorkfitPhysiotherapy.ca

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