

Management of Positional Plagiocephaly

Head Shape Assessment

- assess the infant's head from above, looking for areas of flatness
- assess ear symmetry
- assess facial symmetry (forehead, eyes, cheek size and level)

No Visible Concerns:

- Stress alternating which end of the crib the baby's head is placed at every night
- Stress frequent position changes, including the early introduction of Tummy Time
- Stress the importance of Tummy Time for motor development, as well as to prevent head shape concerns
- Screen for red flags of torticollis/neck muscle imbalance

Any Visible Concerns (Non-Synostotic):

- Educate on repositioning to achieve counter-pressure on the non-flattened area of the head, and alleviate pressure from the flattened area
- Provide the **"Repositioning Recommendations for Your Baby's Head Shape"** handout
- Screen for torticollis/neck muscle imbalance red flags and refer to physiotherapy, as appropriate
- Refer for further evaluation of head shape and teaching regarding repositioning, depending on the age of the infant and the severity of the concern.
- Fax referral to Head Shape Clinic at 403-955-7609

Possible Craniosynostosis:

- Refer to **Head Shape Clinic**. Referral will be made to **Neurosurgery, Craniofacial Program** if indicated
- Fax referral to 403-955-7609

Birth up to 4 Months of Age:

- Refer to **Head Shape Clinic** or verbal referral to an **Infant Repositioning Class**
- Provide booking information sheet
- If verbal referral, parents to call 403-955-5437 to register

Infant Repositioning Class

Possible Outcomes

- continue with repositioning with ongoing monitoring by the referring physician (Discharged from Clinic)
- continue with repositioning with follow-up visit at the EIT Clinic
- letter to the referring physician to request referral to physiotherapy
- letter to the referring physician to request referral to the Pediatrician Assessment Clinic, if one has not already been made

4-6 Months of Age:

- Refer to the **Head Shape Clinic** at the Alberta Children's Hospital using the **Head Shape Clinic Referral Form**
- Fax referral to Head Shape Clinic at 403-955-7609

Early Identification and Treatment Clinic (EIT)

Possible Outcomes

- continue with repositioning with ongoing monitoring by the referring physician (Discharged from Clinic)
- continue with repositioning and return to the EIT Clinic for re-assessment within a specified time frame
- referral to physiotherapy for treatment of torticollis and/or
- referral to the PAC for further assessment and possible prescription of a corrective helmet (Starband by Orthomerica)

6-14 Months of Age:

- Refer to the **Head Shape Clinic** at the Alberta Children's Hospital using the **Head Shape Clinic Referral Form**
- Fax referral to Head Shape Clinic at 403-955-7609

Pediatrician Assessment Clinic (PAC)

Possible Outcomes

- continue with repositioning with ongoing monitoring by the referring physician (Discharged from Clinic)
- continue with repositioning and return to the PAC for re-assessment within a specified time frame
- referral to physiotherapy for treatment of torticollis and/or
- prescription of a corrective helmet (Starband by Orthomerica)
- referral to Neurosurgery if indicated