

Management of Congenital Muscular Torticollis

Torticollis/ Neck Muscle Imbalance Red Flags:

- Palpable mass in the sternocleidomastoid muscle
- Parental report or observation that an infant only wants to look in one direction
- Difficulty engaging the infant to look in the opposite direction, either actively or passively
- Parental report or observation that an infant consistently tilts his or her head to one side
- Parental report of continued difficulty breastfeeding on one side

Neck Assessment:

- Observe head/neck posture in parents' arms or in an infant carrier/car seat
- Assess AROM for rotation in supine for newborns, and in supine as well as supported sitting for infants with adequate head control. Watch for compensatory movements, such as moving the opposite shoulder forward or leaning the head back
- Assess active head righting responses in infants over 3 months of age
- Assess PROM for rotation and side flexion in supine if AROM is limited
- Palpate neck muscles if AROM and/or PROM limited

No Concerns

Continue to screen for torticollis/neck muscle imbalance red flags at next Well Child visit.

Concerns

Encourage AROM exercises and refer for physiotherapy **as soon as possible.**