



Torticollis

Torticollis is often referred to as “wryneck (twisted).” It can be congenital where the child is born with it, or acquired in which it is developed after birth. Both congenital and acquired torticollis can be treated through a therapy intervention program. Today, about 1 in 250 infants are born with torticollis.

Cole Pediatric Therapy understands the importance of treating torticollis immediately upon recognition. An effective therapy program can help the child:

- Prevent permanent shortening of the involved muscle
- Avoid the possible need for surgery
- Decrease headache and / or neck pain
- Prevent delayed developmental motor & visual skills and plagiocephaly
- Establish a home exercise program to continue development

When discovered and a therapy program is implemented early, majority of children recover completely with no long-term effects.

Approximately 3 in every 10,000 people - about 90,000 people in the United States - are known to suffer from Spasmodic Torticollis

Source: torticollis.org

Locations throughout Houston and Central Texas
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continued



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cole pediatric therapy will work towards the following goals:

Improve the child's movement of their head
(between right and left sides)

Encourage the child to lift head against gravity
while lying on stomach

Achieve normal weight bearing and shifting
over upper extremities

Encourage the symmetrical use of upper
extremities

Improve the ability to bring chin to chest

Allow the child to experience proper weight
shifting during developmental activities
including sitting, rolling, creeping and walking

Improve the ability to orient their head to
midline against gravity

Establish environmental modifications and a
stretching program



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