

All of our Therapists have a degree or equivalent in Occupational Therapy or Physiotherapy, some to Masters level. All our therapists are registered with the Health Professions Council and receive regular post graduate training.

Our service is founded in evidence-based practice and is benchmarked against other local services and best practice groups.

We continue to review our service to make sure that it meets the needs of those who are using it.

We would appreciate any suggestions on how we may improve and also comments on what was good about the service.

If you have any compliments, suggestions or complaints, please write to or contact:

Anna Roberts
Clinical Specialist - Occupational Therapist Early Years

Sharon Peaker
Clinical Specialist - Physiotherapist Early Years

Paediatric Therapy Department
Epsom General Hospital
Dorking Road
Epsom
Surrey KT18 7EG
Tel: 01372 735735 Ext 6134

Email: anna.roberts4@nhs.net
Sharon.peaker@nhs.net



Plagiocephaly and Head Turning Preference to the Left Treatment Leaflet



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Your baby will benefit from any time that avoids their head turned to the left.

Environmental adaptations:

- Turn your baby's cot so they have to look to the right to see you approach.
- Put interesting cot toys or a mobile on your baby's right side to encourage them to look that way. When you put your baby on the floor think which way he will turn to see the TV, window or lights. Try to position them so all these stimuli are on the right.
- Try turning your baby's head to the right when they are asleep. They may turn it back but any time spent with their head to the right is beneficial.
- Set aside time every day to actively play with your baby on their tummy. Encourage them to look up and to the right. Make sure their elbows are under their shoulders so they can prop themselves up. If they are struggling, you can put a rolled towel under their chest to help.
- Try not to use a car seat for anything apart from being in the car. You can roll up a small towel to put behind the head hugger on the left to prevent your baby resting with their head on the left and more in the middle.
- Try putting your baby on their right side when they are awake, you may need to place a cushion behind to stop them rolling back.
- When holding your baby against your shoulder put them on your left as they will turn to the right to look around and your cheek will prevent them turning to the left.
- If your baby is bottle fed, hold them with their head on your left arm and encourage them to look round to the right for their bottle and to see you.

Stretches:

In babies where there is muscle shortening, you may notice that your baby lies with their head tilted to one side and rotated to the other. The stretches below aim to address both these difficulties. These should be completed at least 3 times per day and held for 15 seconds each.



Place your left hand on your baby's left shoulder. Cup your baby's head with your right hand. Slowly turn your baby's nose to their right shoulder.

Hold your baby's right shoulder down with your left hand. Cup your baby's head with your right hand. Slowly take your baby's left ear down towards their left shoulder.



Carry your child in a side lying position with your baby's right ear resting against your right forearm, as pictured. Grasp your baby's right shoulder with your left hand to support.