

Neck Stretching Exercises for the Right SCM

A tight muscle (sternocleidomastoid) on your baby's right side of the neck causes a head tilt to the right. This tight muscle probably attributed to the baby's preference for turning left (thus the flat spot on the left), and can greatly affect the symmetry of the head, face and ears.



Right head tilt

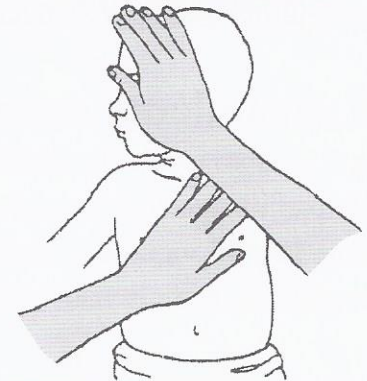
**To optimize correction while in the DOC Band®, you must help stretch this muscle.*

These stretches must be done with the DOC Band off.

1. Rotation Stretch

Hold the baby's left shoulder down & gently turn the head all the way until the chin is over the right shoulder. **Hold** this position for **10-15 seconds**. **Repeat 3 times**. Do **5 sessions** daily.

(This exercise is designed to rotate the baby's head to the right).



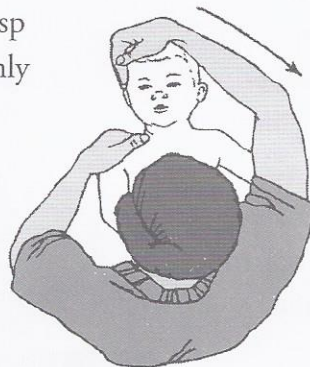
1. Rotation Stretch

2. Sidebend Stretch

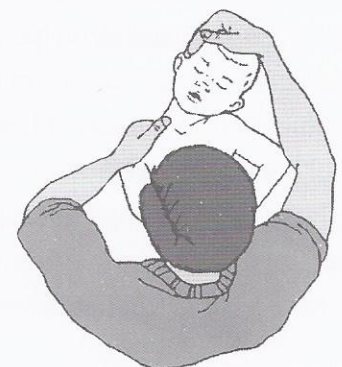
Hold the baby's right shoulder down and grasp the head with your right hand. Gently but firmly sidebend the head to the baby's left side (ear to shoulder). Make sure the infant stays on its back and does not turn the head; keep the baby looking toward your face.

Hold the position for **10-15 seconds**.

Repeat 3 times. Do **5 sessions** daily.



**2. Sidebend Stretch
(Start position)**



**Sidebend Stretch
(End position)**

(This exercise is designed to sidebend the left ear to the left shoulder).

Do the stretches slowly. The infant may resist, due to frustration or tightness, not pain. You may prepare the muscle with a gentle massage or warm compress. A toy can help focus the baby's attention in the right direction.

Remember the value of the baby playing on its tummy when awake. This strengthens the neck and enhances developmental skills.

