

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.

**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).

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.

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



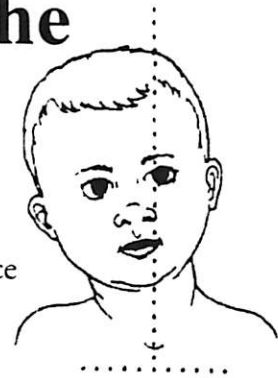
2. Sidebend Stretch
(Start position)



Sidebend Stretch
(End position)



1. Rotation Stretch



Right head tilt

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.

Neck Stretching Exercises for the Left SCM

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

**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 right shoulder down & gently turn the head all the way until the chin is over the left 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 left).

2. Sidebend Stretch

Hold the baby's left shoulder down and grasp the head with your left hand. Gently but firmly sidebend the head to the baby's right 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.

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



2. Sidebend Stretch
(Start position)



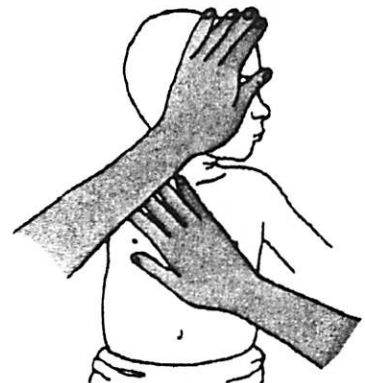
Sidebend Stretch
(End position)

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.



Left head tilt



1. Rotation Stretch