

Neck Muscle Strengthening Exercises

Sternocleidomastoid (SCM) and Trapezius muscles

Neck muscle strengthening exercises provide physical therapy for all babies; recommended by AAP for those with plagiocephaly, torticollis or neck muscle asymmetry.

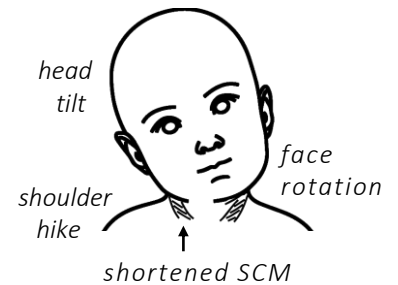
The exercises stretch and strengthen neck and back muscles, to help improve range of motion; provide exercises in conjunction with tummy time and regular exercise.

Perform exercises at diaper change, several times each day, adds about 2 minutes:

- 3 repetitions per exercise, with 5-10 seconds per repetition
- exercise slowly, gently, and only as tolerated, do not force
- stabilize the torso and shoulders by placing one hand on baby's upper chest
- rotate baby's head using your hand, or attract their attention with a toy, light, music

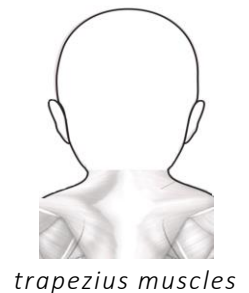
SCM muscle stretch

1. Stabilize torso and shoulders to help target to SCM muscle.
2. Use other hand to gently turn baby's head so the chin goes over the shoulder, or as close as it will get, do not force.
3. Hold position for 5-10 seconds or as tolerated.
4. Rotate head to the opposite side and repeat exercise.



Trapezius muscle stretch

1. Stabilize torso and shoulders to help target the trapezius muscle.
2. Use other hand to gently tilt baby's head and ear toward the shoulder, or as close as it will get, do not force.
3. Hold position for 5-10 seconds or as tolerated.
4. Tilt head and ear toward the opposite shoulder and repeat exercise.



When holding baby, stretch and exercise neck muscles.

Tummy time includes any time baby is facing the floor.

