

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:

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## Plagiocephaly and Head Turning Preference

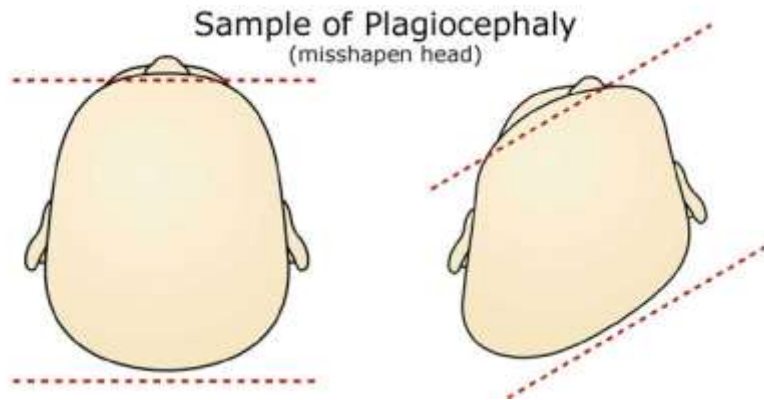


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## What is plagiocephaly?

When your baby is born, labour often causes their head to be pointy or elongated for a short time. This is normal and settles in the first few weeks after birth.

Plagiocephaly means a mis-shapen or uneven (asymmetric) head shape, it affects only one side of the head causing a flattening. It does not affect the development of a baby's brain, but if not treated may change their physical appearance by causing uneven growth of their face and head.



## What causes it?

Tight neck muscles or Torticollis (the most common cause): Your baby may need stretches to their neck muscles which will be taught by your physiotherapist.

Sleep position: Your baby spends much of their time asleep and if they always lie in the same position with their head to one side, it may cause asymmetric flattening.

Prematurity: Babies born too soon have softer skulls, which are more prone to moulding, and they may have been too poorly initially to be moved much.

Lack of tummy time: Although it is recommended that all babies sleep on their backs, it is essential that they should experience being on their tummy while they are awake, at least every day.

Car seats: Today's prolonged use of car seats mean your baby is unable to move freely and is susceptible to head moulding – try to minimise use to when your baby is actually in the car.

## Long term outcomes:

Your baby's plagiocephaly will stop worsening once he/she is not favouring just one position. Their head shape will start to improve with growth, up to the age of 5 years. Some flattening is part of normal variation of head shape and will be largely disguised by their hair. It should be noted that this is cosmetic and will not cause pressure on the brain or any developmental problems.