

## Torticollis: Using a TOT Collar

### What is torticollis?

Torticollis means twisted neck. It happens when some muscles in the neck are tighter than others. If the muscles are not equal, your baby may want to turn or tilt their head only one way.

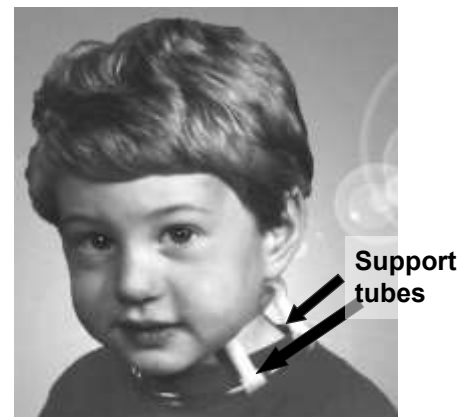
### What does the TOT collar do?

The TOT collar is used to improve your child's head position. It gives support on one side of the head. It reminds your child to move their head away from that side. Your child will use neck muscles to move their head more to the middle. The muscles will get more equal with time.

### How do I put the TOT collar on?

1. Put the collar around your child's neck. The collar is made of soft plastic tubing. It will not harm your child
2. Make sure that the two support tubes are in front of and behind the shoulder. The tubes should not rest right on top of the shoulder muscle.
3. Fasten the collar together with the Velcro®.

If it gets dirty, it can be hand washed with soap and water.



### How long should my child wear the collar?

#### For safety reasons:

- The collar must be taken off when your child is sleeping, napping, eating, or in a car seat.
- Do not leave your child alone while wearing the collar.

Follow these steps for 4 days until your child is used to wearing the collar.

- Have your child wear the collar for one hour on the first day.
- Check for any redness or pressure on your child's neck or shoulder when you take it off. If you see any redness that does not go away after 15 to 20 minutes, stop using the collar and call your therapist.
- Add one hour each day to the time your child is wearing it until you reach 4 hours.

Your therapist's name is: \_\_\_\_\_ . Call (414) 266-2858.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**