



ORTHOTICS & PROSTHETICS, INC.

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Children's Hospital

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Temecula Valley Office

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Repositioning Techniques To Be Practiced Daily

- Place interesting objects on the child's _____ side.
- Feed the child with the breast/bottle closer to the _____ shoulder.
- Prop the child- with something under the _____ shoulder when the child is not being held or when they are in the car seat, stroller, and crib.
- Tummy time- at least 5 times a day.
(your goal should be 50% of the waking hours)
- Neck stretches with every diaper change- hold for 15 sec.
-see hand out
- Strengthening exercise- tilt the child towards their _____ side so that the child will pull their head towards midline. This will work on stretching the tight side, and strengthening the weak side.