

Home Stretching Program

These stretches must be done _____ times daily, beginning with _____ stretches and increasing to _____ as your baby tolerates.

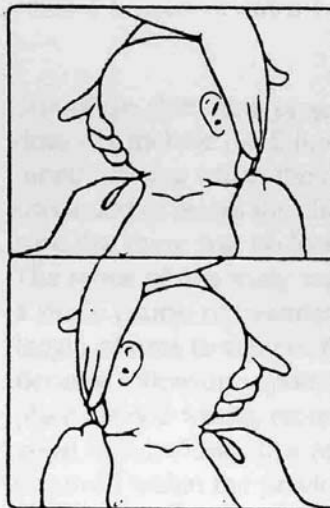
First, position your baby:

- 1) The baby is placed on the back on a table, with the head free of the edge.
- 2) Person A secures the baby's shoulders to the table throughout the stretches.
- 3) Person B stands by the baby's head, placing one hand firmly at the base of the skull (stretching hand) and the other hand around the baby's chin (guiding hand).
- 4) The baby's head is then pulled slightly away from the shoulders.

First Stretch:

- 1) Person B pulls the baby's head slightly away from the shoulders.
- 2) Person B then rotates the baby's head toward the _____ side, so the baby's chin approaches the _____ shoulder. This position is held for about 10 seconds.
- 3) Repeat _____ times.

Allow the baby to rest momentarily before going on to the second stretch.



Second Stretch:

- 1) Person B pulls the baby's head slightly away from the shoulders, bends it slightly forward, and rotates it slightly to the _____ side.
- 2) The baby's neck is bent sideways by Person B until the _____ ear is in contact with the _____ shoulder. The stretch is held for about 10 seconds.
- 3) Repeat _____ times.

