

Infant Neck Exercises

Babies muscles around the neck are connected to the jaw. When the muscles around your baby's neck and face are challenged, that can cause a number of oral problems, such as a reattachment of the tongue tie.

Repeat these stretches during playtime, after bath or at each diaper change.

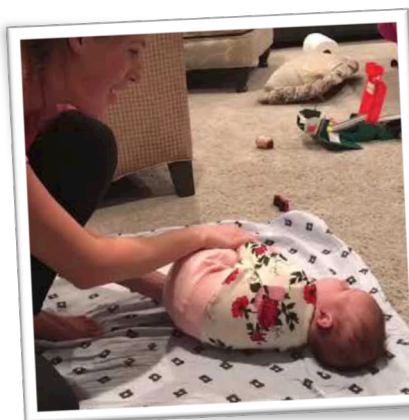
Tummy Time



Tummy time helps facilitates the tongue's greatest range of motion and MOVEMENT helps to free restriction. Helping babies to feel comfortable in tummy time allows them to spend more time maximizing their tongue function.



- Focus on QUALITY and quantity will happen easily.
- Use a rolled towel or pillow to help assist with making tummy time easier and happier for baby
- 3-4 sessions per day
- 5-15 minutes per session to start
- Gradually build up the time
- Newborn-2 months old – spend a minimum of 30 minutes per day during awake periods
- 2-4 months old – spend a minimum of 45-90 minutes per day during awake periods
- 4-6 months old – spend a minimum of 1-2 hours per day during awake periods
- 6-8 months old – the majority of waking hours will be spent in tummy time or sitting/learning to sit. Babies should learn to sit before they learn to stand.



Rolio Exercises

A fun activity to do with your baby to help balance asymmetries such as Torticollis, plagiocephaly, and shoulder/ neck tension.

Place your baby on their back. With your right hand, hold your baby's left hand and left foot. With your left hand, hold your baby's right hand and right foot. Gently rock baby side to side making sure babies cheek touches the blanket.

Repeat 3-5 times on each side.

Neck Rotation Stretch

- Place your baby on their back. With one hand, gently hold their **left** shoulder against the surface. Place your open palm gently on your baby's cheek. Slowly help your baby turn their head to the opposite side. Repeat on **left** shoulder.



Lateral Head Tilt Stretch

- Place your baby on their back.
- Use one hand to gently hold your baby's **Right** shoulder against the surface.
- Place your other hand under your baby's head.
- Slowly bring their **Left** ear towards their **Left** shoulder.
- Repeat on opposite side.



Side Superman Stretch

- For side Superman, place your baby across your body in side lying with right side down. **Repeat on left side.**
- Use one arm to come through your baby's legs so the inside of your elbow is to their diaper.
- Use your hand to hold your baby's shoulder. Using your other arm, come across the chest and use inside of the elbow to lift their ear toward shoulder.

Other Recommendations:

Team Tongue Tie After Care

Continue recommended aftercare instructions found at teamtonguetie.com.



Lactation Consultant Follow-Up

It is essential to follow-up with your lactation consultant to ensure optimal results. If you are not currently working with a Lactation Consultant, please ask LiveSmart Chiropractic or Team Tongue Tie for recommendations.

Chiropractic Care Follow-Up

There are many muscles that make up the lips, cheeks, and tongue that are responsible for breastfeeding. These muscles not only attach to the jaw and neck, but are innervated by the nerves that stem from the base of the skull. Chiropractic care can help the flow of latching, sucking, swallowing, and breathing post tongue tie revision.

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