

Infant Neck Exercises

Babies' muscles around the neck are connected to the jaw. When muscles around your baby's neck and face are challenged, it may cause a number of issues (range of motion loss, flat head, reattachment of tongue tie, etc). Repeat these stretches during playtime, after bath, or at each diaper change.

Tummy Time

Tummy time helps facilitate the tongue's greatest range of motion while movement helps to free restriction. Helping babies to feel comfortable with tummy time allows them to spend more time maximizing their tongue function.

- 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

A fun activity to do with your baby to help balance asymmetries such as torticollis, plagiocephaly, and/or 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 the baby side to side making sure their cheek touches the blanket on each side. Repeat 3-5 times on each side.



Neck Rotation

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 the opposite shoulder.

This stretch can also be done by cupping the back of their head and gently rotating their head and neck side to side. Hold each rotated position for 5-10 seconds and rotate to the other side. Repeat 3-5 times on each side.



Neck Lateral Flexion/Tilt

Place your baby on their back. Use one hand to gently hold your baby's shoulder against the surface. Place your other hand under your baby's head. Slowly bring their ear towards the shoulder. Repeat on each side. Hold each tilted position for 5-10 seconds and tilt to the other side. Repeat 3-5 times on each side.



Side Superman/Football Carry

Place your baby across your body in a side-lying position with one side down. 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 the inside of the elbow to lift their ear toward shoulder. Spend at least 2-3 minutes on each side.

Guppy Exercise

This is an integral part of tongue-tie rehab. It is a highly therapeutic way to relieve neck tension and promote optimal tongue and postural function. Lay your baby face up on your lap and let their head extend past your knee. Let them relax in this position for 1+ minutes.



Additional Recommendations

Continued Aftercare: Instructions and more information found at teamtonguetie.com

Lactation Consultant Follow-Up: It's important to follow-up with your lactation consultant to ensure optimal results. If you are not currently working with one, please ask us or Team Tongue Tie for recommendations.

Chiropractic Care Follow-Up: There are many muscles that make up and support the lips, cheeks, and tongue which are responsible for feeding and optimal growth. 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.