

## STRAIGHT FACTS ABOUT BABY HEAD SHAPES

Early intervention is not only just about appearance: it's about comfort and safety. With the right start, children can face every adventure ahead with confidence.

## WHAT IS PLAGIOCEPHALY OR BRACHYCEPHALY?

This happens when a baby's head develops one or more areas of flatness, making it look wide or uneven. Below are three head shape conditions to look out for.

## SOME FREQUENT FACTORS OF HEAD SHAPE CONDITIONS



**SLEEPING POSITION**  
Consistent back or side sleeping can flatten the skull.



**PROLONGED DEVICE USE**  
Extended time in car seats, strollers, and swings limits movement.



**MULTIPLE BIRTHS**  
Limited womb space leads to pressure on the babies' heads.



**LIMITED TUMMY TIME**  
Insufficient time on the stomach causes prolonged pressure on the back of the head.



**TORTICOLLIS**  
Tight neck muscles cause preference to turn head to one side.



**PREMATURE BIRTH**  
Softer skulls and extended NICU time increase risk.



**CONGENITAL CONDITIONS**  
Conditions such as craniosynostosis require medical evaluation.

If plagiocephaly is present at 4 months, head band therapy such as DOC Band Therapy® is recommended.

**The American Academy of Pediatrics (AAP) endorses this recommendation.†**

# ~50%

of babies have some degree of plagiocephaly or brachycephaly\*

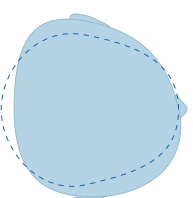
# ~25%

have moderate to severe plagiocephaly requiring therapy\*\*

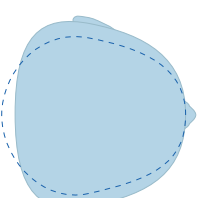
# 3 MONTHS

is the ideal therapy starting age, or as soon as a baby can hold their own head up by themselves

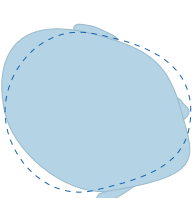
**PLAGIO/BRACHY COMBO**  
Wide and Short with Flat Spot



**BRACHYCEPHALY**  
Wide and Short



**PLAGIOCEPHALY**  
Flat Spot on One Side



\*Mowji, A., et al. The incidence of positional plagiocephaly: a cohort study. *Pediatrics*. 2013. 132(2); p. 298-304.

\*\*Lennartsson, F. and P. Nordlin. Nonsynostotic plagiocephaly: a child health care intervention in Skaraborg, Sweden. *BMC Pediatrics*. 2019. 19(1); p. 48

\*\*Hutchison, B.L., et al. Plagiocephaly and brachycephaly in the first two years of life: a prospective cohort study. *Pediatrics*. 2004. 114(4); p. 970-980.

\*\*Baldarini, E., et al. Prevalence and characteristics of positional plagiocephaly in healthy full-term infants at 8-12 weeks of life. *Eur J Pediatr*. 2018. 177(10).

†Tamber, M.S., et al. *Congress of Neurological Surgeons Systematic Review and Evidence-Based Guideline on the Role of Cranial Molding Orthosis (Helmet) Therapy for Patients With Positional Plagiocephaly*. *Neurosurgery*. 2016. 79(5): p. E632-E633