

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.

~50%

of babies have some degree
of plagiocephaly or brachycephaly*

~25%

have moderate to severe
plagiocephaly requiring therapy**

3 MONTHS

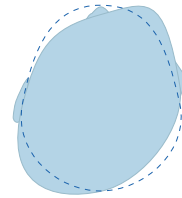
is the ideal therapy starting age, or as
soon as a baby can hold their own
head up by themselves

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.

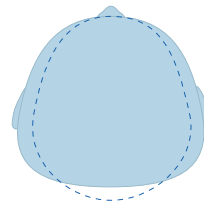
PLAGIOCEPHALY

Flat Spot on One Side



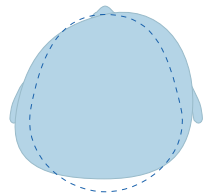
BRACHYCEPHALY

Wide and Short



PLAGIO/BRACHY COMBO

Wide and Short
with Flat Spot



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.†**

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

**Lennartsson, F. and P. Nordin. *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.

**Ballardini, 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