

PLAGIOCEPHALY & MULTIPLE BIRTHS

Did You Know

- The lower in-utero multiple (baby A) has a 4.5 times greater risk of developing plagiocephaly than a single-birth infant.¹
- Baby A is at greater risk of occurrence and severity of plagiocephaly.²
- Plural-birth infants are more likely to be exposed to multiple risk factors that lead to plagiocephaly:³
 - In-utero constraint
 - Prematurity
 - Torticollis
 - Supine sleep position
 - Convenience devices

References:

1. McKinney, C.M., et al., A case-control study of infant, maternal and perinatal characteristics associated with deformational plagiocephaly. *Pediatric and perinatal epidemiology*, 2009; 23(4): p. 352-345.
2. Littlefield, T.R., et al., Multiple-birth infants at higher risk for development of deformational plagiocephaly: II. Is one twin at greater risk? *Pediatrics*, 2002; 109(1): p. 19-25.
3. Littlefield, T.R., et al., Multiple-birth infants at higher risk for development of deformational plagiocephaly. *Pediatrics*, 1999; 103(3): p. 565-569.

Visual Example

Twin A

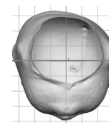
- Vertex in-utero position
- 1 mo. premature
- Severe Torticollis
- Severe DPB*



Front



Vertex



Sub-Occipital

Twin B

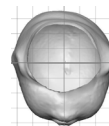
- Transverse in-utero position
- 1 mo. premature
- Moderate Torticollis
- Moderate DPB*



Front



Vertex



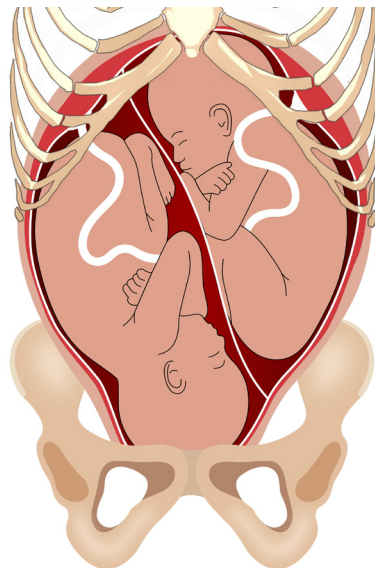
Sub-Occipital



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Diagnosis and Management of Plagiocephaly

- Newborns should be screened for the presence of neck and facial asymmetry within their **first 2 days of birth**.¹
- Early treatment for Congenital Muscular Torticollis – earlier than **2 months** – can greatly reduce treatment time to as little as 4 to 6 weeks.¹
- The optimal time to refer for DOC Band® treatment is between **4-6 months** of age (chronological), treatable up to 18 months of age with the DOC Band®.
- “...infants who are helmeted **early in infancy**, tend to yield better outcomes (such as correction and even normalization) of head shape.”²



References:

1. Kaplan, S.L., et al., Physical therapy management of congenital muscular torticollis: An evidence-based clinical practice guideline: APTA, *Pediatr phys ther*, 2013, 25(4): p. 348-94.
2. Tomber, 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.



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