

CAUSITIVE FACTORS LEADING TO PLAGIOCEPHALY AND BRACHYCEPHALY

A study was performed and found a significant drop in Sudden Infant Death Syndrome (SIDS) cases when infants were placed on their backs to sleep. Because of these findings The American Academy of Pediatrics issued a change in the recommended sleeping position of infants in 1992. Since this change cases of Plagiocephaly and Brachycephaly have increased almost exponentially.

While the AAP recommendation on sleeping position is a significant reason for the increase of Deformational Plagiocephaly (DP) and Deformational Brachycephaly (DB), it is by no means the only reason. Most parents don't realize they should be placing their infants on their tummy during waking hours- an exercise known as "Tummy Time". This Tummy Time is important for spinal development, upper extremity strength, neck muscle strength and other developmental factors. Parents should consult their pediatricians for more specific instruction on Tummy Time activities.

Other factors which may lead to DP and DB include:

- Prolonged time in the NICU after birth
- [Torticollis](#)
- Restrictive intrauterine environment- usually a result of multiple births.
- Birth trauma
- Sustained supine (back) positioning
- Cervical (Neck) abnormalities
- Some congenital/genetic disorders

