

How Do I Book An Appointment?

- Helmet therapy appointments are by referral only. Please ensure you have a referral from a qualified medical professional.
- At your first outpatient appointment visit, your child will be assessed by the Orthotist.
- You may bring in cloth with a design of your choice to make the helmet more interesting for your child.
- A second follow-up consultation will be scheduled for fitting of the helmet.
- The Orthotist will schedule regular reviews to check on your child's progress with the helmet.



Department of
Prosthetics and Orthotics

Helmet Therapy



Foot Care and Limb Design Centre
Blk IOI, 11 Jalan Tan Tock Seng
Singapore 208433
Contact:
6256 6011 (General Enquiries)



Scan the QR Code with your smart phone
to access the information online or visit
<https://nhghealth.com.sg>

What is Plagiocephaly?

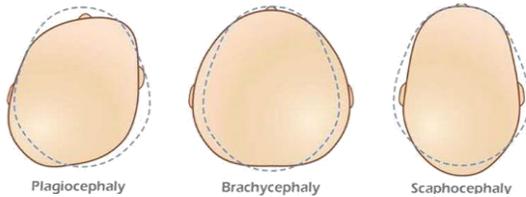
Plagiocephaly is also called flat head syndrome. It is a type of positional head deformity when a baby's head becomes asymmetrical. This condition affects how your baby's head looks.

Many factors can cause flat spots. The bones of a baby's skull are soft and flexible and prolonged pressure from everyday surfaces, such as beds or car seats, can change the shape of their head.

What Does It Look Like?

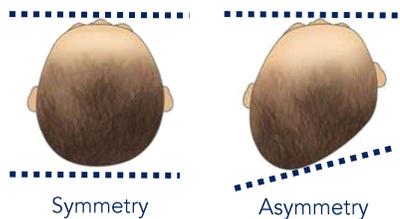
There are a few types of positional head deformities:

- Plagiocephaly – Head is flat on one side
- Brachycephaly – Head is wide and short
- Scaphocephaly – Head is long and narrow



Does My Child have Plagiocephaly?

You may notice that your child's head looks asymmetrical when viewed from above. There will be a flat spot at the back or side of the head and this flat spot may have little hair growth.



In severe cases, untreated plagiocephaly may cause complications such as uneven facial or head growth and jaw or speech problems.

Causes of Plagiocephaly

Plagiocephaly can develop for a number of reasons:

- Lying in the same position for long periods of time
- Womb position - babies who remain in one position or do not have enough room to move in the womb e.g. multiple births are at risk of developing plagiocephaly
- Positioning during birth
- Torticollis – Congenital Muscular Torticollis (CMT) is a condition where the neck muscles are abnormally tight. This causes the baby's head to be kept tilted and/or turned to one side.

How is Plagiocephaly Treated?

As your baby grows, they will move and change positions on their own. This naturally takes pressure off the flat spot. Most cases do not require treatment because the condition gets better on its own once the baby can hold up their head without help. This usually happens when babies are 4 to 6 months old.

Repositioning and tummy time helps take pressure off the flat spot of the head, encouraging self-correction of the head shape. Physical therapy helps to improve plagiocephaly caused by torticollis (tight neck muscles).

For more severe cases that do not improve by 6 months of age, a helmet may be required to remould the skull. Since 80% of skull growth happens in the first year of life, helmet therapy is most effective when started before your baby's first birthday.

You should bring your baby for an appointment with your paediatrician should you have concerns about their head shape.

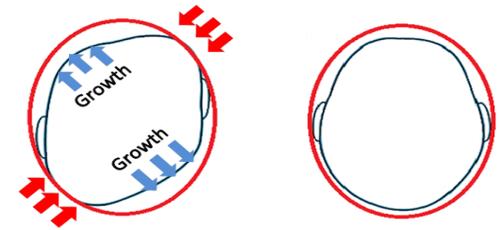
What is Helmet Therapy?

Helmets are measured and fitted by a trained orthotist (specialist who designs and fits orthotic braces). If a helmet is needed, the orthotist will take a plaster mould of your baby's head. The plaster model is then modified into a symmetrical shape to redirect the growth within the helmet. The helmet must be worn for 23 hours a day for approximately 6 months. If treated early enough, good results can be obtained for a large percentage of babies.



How Does Helmet Therapy Works?

The helmet remoulds the skull bones into a more symmetric shape by applying pressure on the high spots of the head while leaving space for the flattened area to grow into.



The orthotist will explain how to use and care for the helmet. They will modify the helmet during treatment as remoulding of the skull takes place and recommend a replacement when the helmet becomes too small.