

PHYSIOTHERAPY IN POSITIONAL PLAGIOCEPHALY: CASE REPORTS.

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Background: Positional plagiocephaly is a flattened and asymmetrical cranial deformity in infants. Positional or non-synostotic plagiocephaly is the most prevalent type, and it is estimated that approximately 50% of infants under 3 months of age are affected. Physiotherapy has been shown to be effective in the management of positional plagiocephaly. The combination of different techniques appears to be the most effective strategy for both prevention and treatment.

Objectives: To evaluate the effectiveness of a Pediatric Physiotherapy program in three infants diagnosed with positional plagiocephaly.

Methods: Case study design. Three infants aged 1.5 months, 2 months, and 3 months with posterior positional plagiocephaly and no other relevant medical history were assessed. The independent variable consisted of the application of a Pediatric Physiotherapy program for 8 weeks (1 session/week), including motor stimulation, manual therapy, and postural management. The dependent variable was cranial asymmetry, measured using the Plagiocephaly Index and the Cranial Vault Asymmetry Index. Measurements were taken during sessions 1, 4, and 8 of the program.

Results: Clinically relevant improvements were recorded in the assessed dependent variable. The Plagiocephaly Index decreased from 8 to 3 mm, from 6 to 3 mm, and from 9 to 4 mm. The Cranial Vault Asymmetry Index decreased from 6.3% to 2.2%, from 4.6% to 2.2%, and from 6.8% to 2.9%.

Conclusion: The Pediatric Physiotherapy program designed for three clinical cases with positional plagiocephaly was effective in minimizing cranial asymmetry. Further studies with larger samples and control groups are needed to confirm its effectiveness.

Key words: Plagiocephaly; Infant; Physical Therapy Modalities; Rehabilitation; Case Reports.

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