## Your clinician

For posture and developmental questions, contact our paediatric physiotherapists: Eveline van der Weijden in Boskoop and Nieuwkoop; Marcia Backer in Ter Aar.

## Practical information

You may contact us directly. Concerns about your baby's general health should first be assessed by a GP or child-health doctor.

## Costs and insurance

For children under 18 with non-chronic indications, basic insurance generally covers 9 sessions per condition over 12 months from the first session, with another 9 if necessary. Different rules apply to certain chronic indications. Children do not pay the statutory deductible. Check supplementary cover and any personal costs if further sessions are needed.

# Our locations

**Ter Aar**
Medisch Centrum Vosholplein
Vosholplein 1-4, 2461 AA Ter Aar
0172-603434
teraar@fysiotopfit.nl

**Boskoop**
Medisch Centrum Boomgaard
Boomgaard 215F, 2771 PD Boskoop
0172-212147
boskoop@fysiotopfit.nl

**Nieuwkoop**
Maarten Freeke Wije 2D, 2421 TP Nieuwkoop
0172-575595
nieuwkoop@fysiotopfit.nl

**General enquiries**
085-0514000
blijftopfit@fysiotopfit.nl

**WhatsApp**
06-57250687
*(messages only, no calls)*

**Scan for opening hours**

**Download our apps**

**Fysio Topfit**

Download on the App Store

**Topfit met Toppie**

GET IT ON Google Play

Free to download for iPhone and Android.

# Head-turning preference in babies

## at Fysio Topfit

Does your baby often turn their head to one side, or have a flattened area on the skull? Have their posture and development assessed. This leaflet also explains the term HCFS.

TOPFIT FYSIO

### Book an appointment

Scan the QR code or call 085-0514000. Tell us which treatment you would like to discuss.

More information: www.fysiotopfit.nl

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## What does HCFS mean?

HCFS refers to high cervical functional dysfunction; older terms include KISS and KIDD. It is used for presumed restrictions in the upper neck. A preferred head position, crying or arching does not prove that a neck joint is stuck.

These signs can have various causes. Assessment therefore considers your baby’s health, posture, movement and motor development, with GP or child-health doctor assessment where needed.



## Appropriate support

Paediatric physiotherapy and advice for parents can help with a preferred head position. You receive guidance on lifting, carrying, feeding and play, encouraging movement to both sides. We monitor development and whether the advice helps.

Current professional recommendations advise against spinal mobilisation or manipulation in babies, including gentle neck techniques intended for this purpose. Always discuss what a clinician proposes beforehand.



## At home and when to seek help

Always put your baby on their back to sleep. Tummy time is only for when your baby is awake and supervised. Vary play and carrying positions during awake time and never force the head or neck.

Contact your GP or child-health clinic for poor feeding, frequent vomiting, persistent crying or developmental concerns. Drowsiness, fever in a young baby or sudden deterioration require prompt medical assessment.

## Before your appointment

Bring identification, insurance details and any referral or test results. Wear clothing that allows you to move comfortably. Let us know beforehand if you need support with language or communication.