



Cranial Molding Helmet

General Description:

A cranial molding helmet is a plastic helmet or band that is used to treat plagiocephaly and brachiocephaly. Plagiocephaly is the uneven flattening of one side of the back of the head combined with an uneven bulging of the forehead on the opposite side of the flattening. For example, if the back right of the head is flat, the front left forehead will bulge. Brachiocephaly is the even flattening of the back of the head. Each of these conditions can occur in babies during the first six months of life if they spend too much time lying on their back with little head movement. The condition has become more prevalent since pediatricians recommend that babies sleep on their backs to reduce the risk of SIDS (sudden infant death syndrome).

The helmet or band is used to remold the head into a symmetrical shape as the baby grows. It allows the flattened areas to round out and prevents the bulging areas from bulging more. The helmet or band does not put pressure on the baby's head. It guides the growth to specific areas to improve the head shape. It is very important to start treatment early since the growth of the head slows down after age 1. It is also important for the baby to be screened for other conditions that may have caused the uneven head growth.

Application and Removal:

The helmet or band is worn 23 hours per day. This allows the device to capture as much growth as possible. It also allows for the child to be bathed and clothed. Since the helmets or bands are custom made, they are easily put on the baby. The device should not rub on the ears or slip down over the eyes. It should not leave red areas on the baby's head after it is removed for prolonged periods of time (20 minutes or more). If these problems arise, contact your orthotist.

Cleaning and Maintenance:

The helmet or band is made of plastic and foam. Allergies to these materials are rare but occasionally occur. Since the helmet is worn for 23 hours per day, it is important to thoroughly clean every day. It should be cleaned with soap and water and completely

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Naperville 1551 Bond St., Suite 111 Naperville, IL 60563 630-637-4638	Oakbrook Terrace 1S376 Summit Ave., Ct. E Oakbrook Terrace, IL 60181 630-424-0392	Oak Park 401 Harrison Street Oak Park, IL 60304 708-383-2257	Schaumburg 1701 E. Woodfield Rd., Ste 555 Schaumburg, IL 60173 847-619-1701	Schererville 6629 W. Lincoln Hwy. (Rt. 30), Suite 1 PO Box 507 Schererville, IN 46375 219-864-9501

rinsed after washing. The padding will not absorb water. Rubbing alcohol may also be used to wipe out the inside of the device.

Tips and Problem Solving:

It is important to slowly introduce the helmet or band to the baby. Using it for 1 hour at a time with a ½ hour break is a good way to start. During the break, the baby’s skin should be checked for redness or irritation. If there are no problems with the skin, the wearing time can be increased by 1 hour to a total of 2 hours. This pattern should be followed until the baby can use it 23 hours per day. The baby should not sleep in the device until he/she can comfortably wear it 6 to 8 hours while awake. The baby may not like the helmet or band. If the skin is not red or irritated, the device is not hurting the child. Parents must work hard to get the baby to accept the helmet or band. They must continue to apply the device even if the baby does not want it on. In a few days the baby will accept the helmet or band.



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