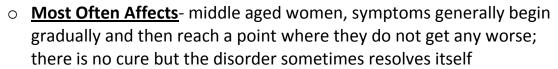
Torticollis (Cervical Dystonia)

What is it?

<u>Torticollis</u>— is a twisted neck in which the head is twisted to one side, while
the chin is turned to the other; can also cause the head to uncomfortably
tilt back or forward



<u>Reduces the Signs and Symptoms</u>- Botox injections into the muscles

Symptoms:

• **Symptoms**- limited range of motion, headache, head tremor, neck pain; painful in which the neck muscles contact involuntarily, causing the head to twist to one side; swelling of the neck muscles, stiffness of neck muscles

Facts:

- <u>Caused by</u>- family history of the disorder, acutely from trauma, or as an adverse reaction to medications; usually begins between ages 31 -50 years, if left untreated likely to become permanent; may be inherited due to faulty genes, develops as a result of damage to the nervous system or muscles
- <u>Possible Complications</u>- neurological symptoms due to compressed nerve roots, muscle swelling due to constant tension

What can I do?

• See your Health Care Provider - for more information

 Treatment- physical therapy, stretching to correct the tightness, strengthening exercises to achieve muscular balance, handling to stimulate symmetry; repetitive shiatsu massage, extended heat application, chiropractic manipulation of the neck, and low-impact exercise to increase strong form neck stability

Exams and Tests- Physical examination will show a visible shortening of the neck and muscles and the head will tilt toward the affected side while the chin points to the opposite side