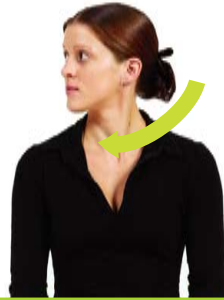


torticollis stretch guide

what is torticollis?

Torticollis, otherwise known as “wry neck”, manifests in involuntary contractions/spasms of the neck muscles, leading to abnormal head posture. Patients often have difficulty moving and turning the head, as well as suffering from neck pain. Spasms often develop overnight. There is no clear cause of torticollis.

maintain movement

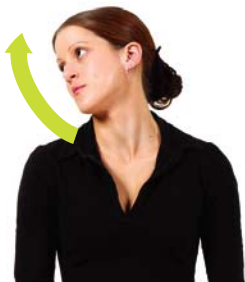


Do not guard the neck. Use movement to help normalise the muscles by gently rotating the head or moving it from side to side.

treatment

With gentle stretching, heat therapy and massage, symptoms of torticollis usually resolve within a month, however, scar tissue forms quickly in the muscle involved. Soft tissue therapy is necessary to normalise the neck range of motion, break up scar tissue and relieve residual muscle tension.

sternocleomastoid stretch



Turn head to look behind and over R shoulder. Keeping head turned R, tilt head back slightly to feel stretch down front of L neck.

smart tips...

- Stretch gently and slowly
- Keep breathing
- Hold each stretch for 15 seconds
- Do not bounce stretches
- Stretch to the point of tension not pain
- Perform each stretch at least every 2 hours
- Repeat all stretches to left and right
- Ongoing pain should always be assessed by a qualified therapist

FOR MORE INFORMATION CALL BODYSMART

resisted stretch



With your head turned to the R side, use your hand to resist inwards rotation of the neck.

scalene stretch



Grasp seat of chair with L hand & gently pull ear to shoulder with R hand.

upper trapezius stretch



Place R hand on head, gently pull ear to R shoulder and tilt head slightly forward.

levator scapulae stretch



Grasp seat of chair with L hand. Place R hand on head to look at armpit. Pull head forward and down into your armpit.

sleep & posture

- Use a contoured pillow that supports the curve of the neck.
- Angle any cold drafts or air conditioning away from the neck area.
- Be conscious of your posture and position your head so your ear and shoulder are aligned.
- Do not guard the neck and keep moving



- Ergonomics
- Corporate Massage
- Mobile Therapy Services
- Manual Handling Training
- Interactive Health Workshops
- Corporate Fitness
- Ergonomic & Therapeutic Equipment

1 3 0 0 7 2 7 4 3 9

email enquiries: info@bodysmart.com.au

www.bodysmart.com.au

heat therapy

Muscle tension restricts blood circulation and sends pain signals to the brain. Heat dilates blood vessels allowing increased oxygen and nutrients to reach the muscle and aid healing. Heat also stimulates the sensory receptors in the skin, decreasing the transmission of pain signals. Heat can facilitate stretching and help to increase the flexibility of the muscle.