

Wryneck (Acute Torticollis)

What is it?

Compression of nerves or sprain of facet joints in the neck due to sudden neck rotation (joint issue) or from sleeping awkwardly (disc issue)

What causes it?

Sudden twisting of the head and neck, or holding a twisted position for too long

Symptoms

Restricted range of movement. Pain. Stiffness, tension and tightness. Muscle spasms. Swelling.

Top Tips

Its important to establish the cause of the injury in order to treat and manage it properly. Seek advice on an exercise programme.

How to Treat it

Anti-inflammatories, painkillers and/or muscle relaxants. Ice packs/gels for inflammation. Heat packs/creams to help with muscle tension and tightness. Neck brace.



Rehab

After a period of healing, gentle physical therapy and heat packs/creams to increase range of movement. Strengthening exercises. Good quality, support pillows.

Definitions

Facet joints – small joints situated behind and to the side of spinal vertebrae

Discs – cartilaginous pads located between the spinal vertebrae. Help to absorb force and to promote flexibility

Muscle spasms – sudden and involuntary contractions in muscles

Associated Conditions

- Neck Strain,
- Cervical Nerve Stretch Syndrome/Burner Syndrome,
- Whiplash,
- Slipped Disc/Acute Cervical Disc Disease,
- Pinched Nerve,
- Spur Formation (Cervical Spondylosis)

Get Help Now

Products

Purchase sports injury products from Physique - [ice packs](#) or [gels](#), [heat packs](#) or [creams](#), neck brace, orthopaedic pillows

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