# 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**

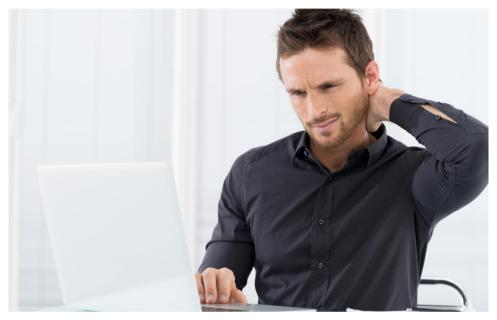
Restricted range of movement. Pain. Stiffness, tension and tightness. Muscle spasms. Swelling.

## 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

- <u>ice packs</u> or <u>gels</u>, <u>heat packs</u> or <u>creams</u>, neck brace, orthopaedic pillows

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#### Services

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com



