



TORTICOLLIS



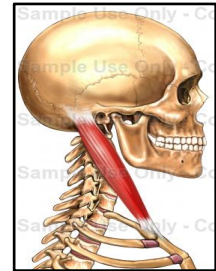
What is torticollis?

Torticollis is a condition that occurs when the sternocleidomastoid, which is a muscle that runs up and toward the back of the neck becomes tight, weak, or thick. It causes the head to tilt to the side. The normal function of this muscle is to rotate the head to the opposite side or obliquely rotate the head. The most common form is congenital muscular torticollis and is usually diagnosed in the first 2 months of life. It occurs one in 300 infants. It can also form in children or adults.

What causes torticollis?

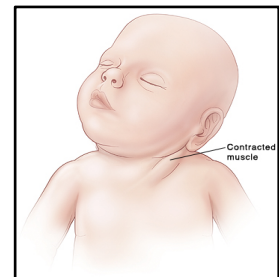
Congenital muscular torticollis is caused by birth trauma or by sleeping and remaining in one position for prolonged periods of time. Other causes are:

- Postural - due to lack of position changes in infant
- Ocular - caused by vision problems in one eye
- Spasmodic - caused by infection, inflammation, or trauma in children or adults
- Bone or neurological abnormalities



What are common signs and symptoms of torticollis?

- Pseudotumor or muscle bulge in the sternocleidomastoid on side of the neck
- Plagiocephaly - deformity in the developing skull
- Abnormal head positioning
- Decreased neck motion
- Decreased ability to track with eyes
- Delayed motor development



How does physical therapy help?

- Education - teach parents home exercise program, activities to encourage motor development, and alternative ways to handle, feed, and carry child
- Activities to promote age appropriate motor skills and visual tracking
- Stretching
- Strengthening
- Manual - massage, myofascial release, joint mobilization
- Craniosacral therapy
- Need for orthotics or helmet