

Torticollis (wry neck)

You have been diagnosed in the Emergency Department with torticollis. This leaflet explains how this condition is managed.

What is torticollis?

Torticollis is a twisted neck in which the head is tipped to one side, while the chin is turned to the other.

Torticollis may be inherited (i.e. due to specific changes in your genes) or it can be acquired and develops as a result of damage to the nervous system or muscles. Sometimes the condition occurs without a known cause. Torticollis may develop in childhood or adulthood.

What are the symptoms?

Symptoms include: limited range of motion of the head, headache, head tremor, neck pain, shoulder is higher on one side of the body, stiffness of neck muscles and swelling of the neck muscles (possibly present at birth)

How is it diagnosed?

The diagnosis is often made by physical examination. X-rays are usually not needed unless the physical exam fails to reveal the exact cause of the problem.

What is the treatment?

- Do stretching exercises and massage in the neck as instructed by your doctor, in order to help relieve the pain.
- Physiotherapy may be required.
- Medications are usually not required.

What to look out for

Seek further medical advice if you experience:

- Numbness or weakness in the hands or feet.

- Severe pain or pain that radiates down the arm or into the hand.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

You can also pick up a copy of the Trust leaflet called 'Talk to us', which explains how you can raise concerns or give feedback on your experience at the hospital.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – *How likely are you to recommend our service to family and friends if they needed similar care or treatment?* - by going online www.royalberkshire.nhs.uk/get-in-touch/friends-and-family-survey.htm.

Further information

More information is available on the Trust website:

www.royalberkshire.nhs.uk

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