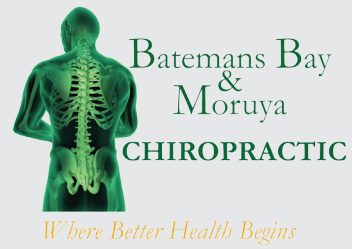


TORTICOLLIS



CHIROPRACTIC CARE FOR TORTICOLLIS

If you've ever woken up with neck pain, you know how painful it can be and how much it can affect your daily routine. Such pain can be caused by several things, e.g. sleeping in an awkward position, but in most instances, it usually resolves on its own.

However, there are cases when you might wake up with extreme neck pain and find your neck in an unnatural position. This condition is known as torticollis, which literally means "twisted neck." It can either be acquired or congenital and is characterized by muscle spasms, sharp pain and limited (and painful!) neck movement. It is quite common in Australia, with more women affected than men.

Causes of Torticollis

Acquired torticollis doesn't occur suddenly, usually it starts as a slight neck pain that continues to worsen until one just wakes up unable to move the neck. Some contributing factors to the development of torticollis include trauma, tumours, or an existing condition like Grisel's syndrome, which can lead to acquired torticollis.

With congenital torticollis, heredity is said to be the cause. However, doctors are still unable to point to a specific reason for developing the condition.

Treatment of Torticollis

When it comes to torticollis, a combination of traditional medical and alternative therapy is recommended. Extreme pain can be addressed by a pain reliever while long lasting pain relief can be given through alternative methods.

Of course, one may also choose to let torticollis resolve on its own with no medical intervention. This is possible, and torticollis, at best, can resolve in a few weeks' time without the aid of medications. However, during this period, it can greatly affect your daily activities, including work and family life.

Due to the nature of the condition, chiropractic care is recommended for people who have acquired torticollis. A Chiropractor specializes in treating soft tissue injuries, especially those in the spine, the nervous system and the musculoskeletal system.

With a good Chiropractor, torticollis can disappear in a matter of days rather than weeks. The Chiropractor, who is an expert when it comes to joints and muscle injuries, will spend time manipulating the soft tissues in the neck before doing an adjustment of the neck joints. A textbook case of torticollis can be treated with around 3-4 chiropractic sessions. Treatment usually entails daily stretching of the neck muscle along with chiropractic manipulation.

In order to avoid the development of torticollis in the first place, it's recommended to get the services of a Chiropractor regularly. After all, prevention is better than cure, and with consistent chiropractic care, you need not experience the pain and inconvenience of acquired torticollis.



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