



# *Torticollis*

## *Definition*

Torticollis is a form of dystonia (prolonged muscle contractions) in which the neck muscles contract involuntarily causing the head to turn. Torticollis may occur without known cause (idiopathic), be genetic (inherited), or be acquired secondary to damage to the nervous system or muscles. It may develop in childhood or adulthood. Congenital torticollis (present at birth) may be caused by malpositioning of the head in the uterus, or be prenatal injury of the muscles or blood supply in the neck.

## ***SYMPTOMS:***

- ◆ **ENLARGEMENT OF THE NECK MUSCLES (POSSIBLY PRESENT AT BIRTH)**
- ◆ **ASYMMETRY OF AN INFANT'S HEAD FROM SLEEPING ON THE AFFECTED SIDE**
- ◆ **ELEVATION OF THE SHOULDER ON THE AFFECTED SIDE**
- ◆ **STIFFNESS OF NECK MUSCLES**
- ◆ **LIMITED RANGE OF MOTION**
- ◆ **HEADACHE**
- ◆ **NECK PAIN**
- ◆ **HEAD TREMOR**

## **TREATMENT**

Chiropractic care works on correcting underlying causes of torticollis relieving associated with symptoms. To see if chiropractic may be able to help you call (253) 638-2424 today for a complimentary consultation.

**PEARSON**  
CHIROPRACTIC  
& REHABILITATION CENTER



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