Torticollis, Adult

Your caregiver has diagnosed you as having *torticollis.* That is a muscle spasm caused by straining the neck muscles. It commonly occurs during sleep and after vigorous or even mild turning of the head. This is **usually a self limited condition**. It responds to conservative treatment.

HOW THE DIAGNOSIS IS MADE

The diagnosis is often apparent to your caregiver by physical examination. X-rays are usually not necessary.

HOME CARE INSTRUCTIONS

- Apply hot packs (may alternate with ice packs) for 20 minutes every hour.
- Take medications as prescribed to relieve pain and muscle spasm.
- If prescribed, wear a soft neck brace for comfort.
- Follow up with your caregiver if you do not improve over the next 2 days.

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