

## Single Case: **Acute Torticollis**

**Abstract:** This 45+yrs. woman presented at my office requesting treatment for her right presenting torticollis (profound spasming of muscles of the neck resulting in pain and limitation of movement). Using Integrative Manual Therapy (IMT) and therapeutic massage, her symptoms were resolved in a 1- 2 hour treatment session. She left the office without pain and full range of motion of her neck and right shoulder

**Keywords:** Lymphatics, Strain Counter Strain, Neural Tissue Tension, Massage Therapy, Cranial Therapy.

### **Examination**

**History:** This client was experiencing the symptoms of extreme pain and limitation of movement of her neck and right shoulder. This condition presented itself 1 week prior to her treatment session. Her disability was such that she had to use a soft sling to support her right arm, had difficulty sleeping, attending to activities of daily living such as dressing herself and found the pain distracting.

**Static Posture:** This client held her head and neck antalgically with the side bend to the right and the rotation to the left (characteristic) for a right sided presentation.

**Range of Motion:** Client was unable to perform actively and passively was self limiting due to the pain and apprehension.

**Observations/Palpation:** Palpation of the musculature of the neck indicated spasm and congestion of the soft tissues. A cranial exam revealed tension along the brain stem and a closing down of the cranial base (where neck and head meet).

### **Treatment**

This treatment session was 2 hours in length and in that time Strain Counter Strain for the lymphatic system (nodes and channels) of the neck was used. Both sides of the neck were treated. Neural Tissue Tension techniques were employed to address the brainstem torsion and to release tension of the spinal accessory nerve (#11) which is often implicated with this type of presentation. Cranial therapy was also used to release tension at the cranial base. At this point in the treatment, a re-evaluation of the range of motion of the client's neck and right shoulder were done. Full range of motion was observed and the client reported no pain only stiffness. At this point massage therapy to the soft tissues of the back, shoulders and neck were administered with a focus on the sternocleidomastoid muscles and upper trapezius muscle.

### **Outcomes**

This client reported no pain or stiffness in the effected regions of her body. Full pain free range of motion was observed. Following a 2 hour treatment session, this client was able to move freely, attend to activities of daily living (dressing herself after the treatment) and was no longer needing to use the sling.

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