

# Acute Wry Neck

## Body Part

Neck - facet joints

## Condition:

Wry neck, torticollis

## Summary

Acute wry neck is an injury to the facet joints in your cervical spine, where they become 'locked' on one side, and no longer slide smoothly back into place. The pain is often very sudden and sharp in one particular location. The causes of acute wry neck are not well understood, but poor sleeping positions, stress or fast neck movements are commonly present. Anybody can suffer from an acute wry neck, however, it is more common between the ages of 12-30.

Another form of wry neck is thought to develop due to irritation of the intervertebral discs of the cervical spine. This form of wry neck develops over a longer period of time causing pain and stiffness in surrounding structures, and can radiate further down the arm, as well as include neural symptoms like pins and needles. This form of wry neck often takes longer to resolve.

## Symptoms:

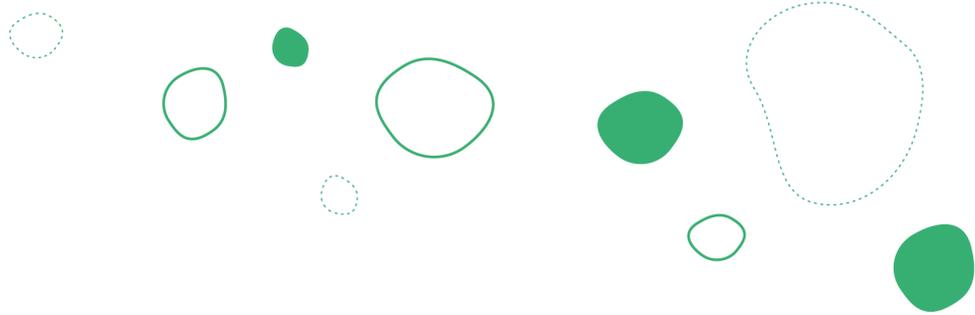
Pain is severe on one side of the neck, localised over the affected joint, but sometimes extending into the shoulder blade, but no further. Movement is restricted, and many people present with their heads in a fixed position. Pain is usually only present when moving into the 'locked' position.



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## Treatment:

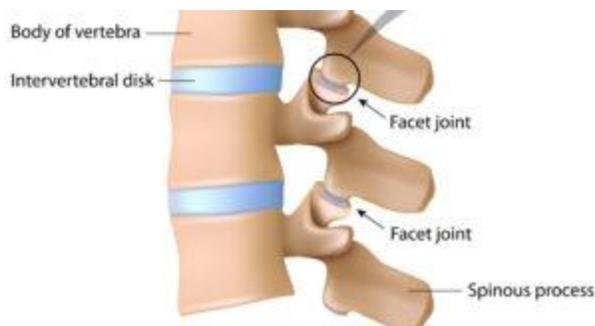
Acute wry neck is treated by manual therapy from your physiotherapist, to 'unlock' or 'offload' the affected joint/s. They will also give you some exercises to complete to work on improving your range of motion. Most importantly, try to move as normally as you can.

## Prognosis:

Most cases of acute wry neck will resolve within 3-7 days.

## Further information:

For further information, please contact our friendly team at Gen Health.



Picture Link: <https://pivotalmotion.physio/acute-wry-neck/>



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