



Torticollis

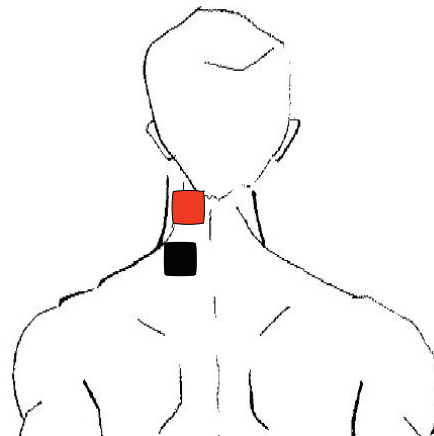
Torticollis ("wryneck") refers to presentation of the neck in a twisted or bent position due to involuntary contractions of the neck muscles, particularly the sternocleidomastoid muscle. Acute (acquired) torticollis can be caused from neck trauma as in an MVA or sports injury, infection involving the cervical region, or exposure to cold (particularly while sleeping). Cervical muscle spasm is visible and palpable during physical examination.

NMES settings used to treat Torticollis should focus on muscle relaxation/fatigue of the sternocleidomastoid and upper trapezius muscles.

Suggested Electrode Placement

2-pad placement

Place electrode pads over sternocleidomastoid and upper trapezius on involved side



Suggested Settings

Pulse rate: 50-65 Hz

Pulse width/duration: 250-300 μ s

On/Off times: 1:1 ratio (start with 5 sec ON, 5 sec OFF)

Ramp time: 1 sec

Amplitude: Maximally tolerated contraction

Treatment Time: 15-30 minutes

Sessions per day: 3-5 sessions per day (or as needed)

