

“Wry neck: a quick solution”

Waking with a stiff, painful neck—often called *wry neck*—is not a good way to start the day! The symptoms include severe pain that causes your head to tilt toward one side, and any attempt to straighten your neck is met by pain and spasm. Luckily, physiotherapy techniques usually provide quick and lasting relief.

What is Wry Neck?

Wry neck is a condition where a person develops pain in the neck region, often accompanied by spasm of the surrounding muscles. Consequently, a protective reaction occurs causing the head to turn away from the painful site.

Extremely common, this condition can be quite disabling as the sufferer experiences constant pain with normal daily activities.

Signs and Symptoms : Are you affected?

- *Pain* is generally located in the middle or side of the neck that is affected. This pain does not extend beyond the shoulder joint and the onset is sudden.
- *Muscle Spasms*— this is a tightening or lack of extensibility in the muscle that limits movement.
- *Loss of movement* as your neck is generally fixed in one position – most commonly flexed forward and rotated away from the side of pain. As the joint is fixed and movement triggers irritation to the joint, all movements aggravate the pain.



The Solution

The mainstay of treatment is manual therapy, which corrects the underlying neck joint problems. The problem may linger and will often re-occur without this treatment. Headaches may also result if the joint problems are not addressed properly and promptly.

Other useful physiotherapy treatments are gentle massage, ultrasound, heat packs and electrotherapy. Your physiotherapist will also provide you with strengthening exercises for your neck muscles as this is vital to prevent reoccurrence.

In short, if you ever awaken with wry neck, telephone us immediately. We'll see you ASAP, so that your problem is cured as quickly and permanently as possible.

Helpful Hint:

LEARN TO TOUCH TYPE: Stress is created on the muscles and joints of the neck from small up and down movements of the head between document and computer screen. As a result, neck pain can develop along with headaches and shoulder discomfort.