

Torticollis treatment

Non-surgical treatment of torticollis

Should be attempted first, and includes:

1. relaxation training, including biofeedback
2. thorough neuropsychiatric evaluation
3. trans-epidermal neuro-stimulation (TENS) to the neck

Surgical procedures

Reserved for disabling, refractory cases. Includes:

1. dorsal cord stimulation
2. local injection of botulinum toxin: may work for retrocollis, is poor for lateral torticollis (must inject posterior cervicals and both SCM, and may cause temporary pharyngeal muscle dysfunction resulting in dysphagia), and is totally ineffective for anterocollis
3. selective rhizotomy and spinal accessory nerve section

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