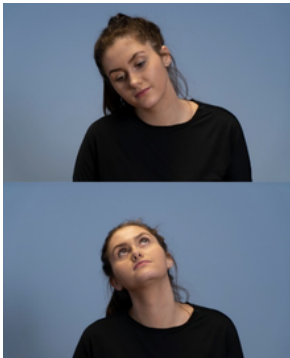
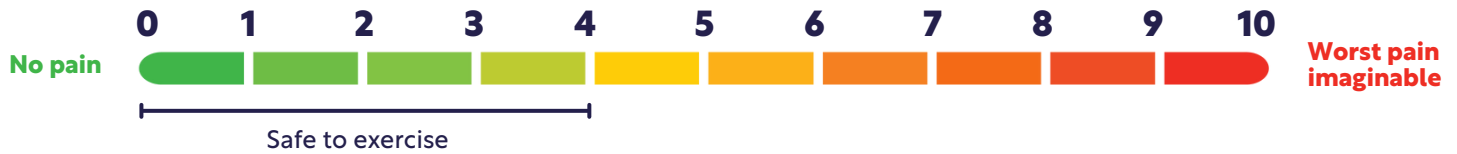


Acute Torticollis

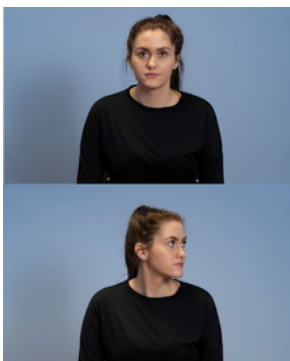
Intermediate Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



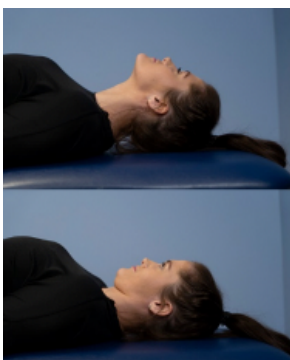
1. Sternocleidomastoid stretch

- In sitting looking forward, side bend your head, so your ear comes towards your shoulder.
- In this position extend your head to look to the ceiling only until you feel a stretch at the front opposite side of the neck, hold for up to 15 secs.
- **Perform this exercise up to 3 times, rest for 1 minute.**
- **Repeat routine 3 times.**



2. Neck rotation

- Sit upright in a supportive chair.
- Gently bring your chin down to your chest and then lift your head up to look at the ceiling, work in your comfortable range complete 10 of each.
- Then starting from the middle again, bring your left ear down to your left shoulder, and then the exact opposite over to the right. Working in your comfortable range.
- Hold for 30 secs.
- **Perform this exercise up to 3 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Deep flexion in lying

- With your head in neutral, gently pull your chin backwards towards your neck (not nodding your head).
- Only pull back till you start to feel stretch at the back of your neck, this may be a very small movement.
- Hold for 5 seconds and relax.
- **Perform this exercise up to 8 times, rest for 1 minute.**
- **Repeat routine 3 times.**