

## Kongenitaler muscular Torticollis

---

### *Abstract*

---

Congenital muscular torticollis (CMT) or wry neck is the most common form of congenital torticollis characterized by unilateral shortening of the sternocleidomastoid muscle (SCM). It is present at birth or develops within the first six to eight weeks of life with a reported incidence ranging from 0.3% to 1.9%. Owing to effective shortening of SCM on the involved side there is an ipsilateral head tilt and a contralateral rotation of the face and chin. A palpable mass (“tumor “or “pseudotumor”) may be felt in the SCM muscle. The etiology remains unknown, but CMT most likely may be caused by intrauterine malpositioning or compartment syndrome resulting in a fibrotic SCM muscle. The differential diagnosis is determined by the presence of the torticollis at birth (muscular or bony anomalies) or was acquired later (inflammatory, traumatic or neoplastic). Early nonsurgical treatment with physiotherapy and massage is successful in 90% of cases. Associated moderate to severe plagiocephaly without accompanied craniosynostosis may be treated concomitantly with an orthotic helmet. In persisting significant restriction of rotation and facial asymmetry after walking age, bipolar surgical release of the attachments of the SCM muscle must be considered with satisfactory results.