MRT as a Major Component of Physical Therapy Intervention for a Child with Congenital Muscular Torticollis: A Case Report

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ABSTRACT

Congenital muscular torticollis (CMT) is a rare congenital musculoskeletal disorder characterised by unilateral shortening of the sternocleidomastoid muscle. It presents in newborn infants or young children with a reported incidence ranging from 0.3% to 2%. The Matrix concept was developed by Dr. Ulrich Randoll at the University of Erlangen Germany. According to this concept, life is a rhythmic movement. Diseases are disturbances until total stop. Basic therapy must be re-adaptation of rhythms on levels of cell biological regulation. This article reports a case of a 4 months old female child successfully managed by Matrix Rhythm Therapy as a major part of physiotherapy for left side congenital muscular torticollis. The purpose of the case report is to find the efficacy of Matrix Rhythm Therapy on the neck movement and head alignment of a child with left side congenital muscular torticollis. Intervention included MRT, AROM, assisted movements in the neck region. Changes in the amounts of lateral head till were documented using still photography. The result of the study showed that child assumed a midline head posture in sitting position by the fifth session of therapeutic intervention (nine days).

Keywords: Congenital muscular torticollis (CMT), Matrix Rhythm Therapy, Sternocleidomastoid muscle, physical therapy.

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