



# University Hospital Galway

EMERGENCY DEPARTMENT  
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## **Neck Pain - Atraumatic**

**(<https://galwayem.ie/guidelines/trauma-and-musculoskeletal/neck-pain-atraumatic>)**

Category

Trauma and Musculoskeletal (<https://galwayem.ie/guidelines/trauma-and-musculoskeletal>)

### **Acute Torticollis**

Patient usually awakes with acute neck pain with neck flexed and rotated.

- If possible straighten neck with gentle traction. Ethyl chloride spray may reduce muscle spasm.
- Soft collar for maximum of 48 hours, analgesia.
- Many benefit from physiotherapy.

### **Acute neck pain with or without root symptoms/signs**

These patients should have a full neurological examination of the upper limbs.

- Discuss patients who have hard neurological signs with ED Senior re MRI. If out of hours bring patient back to early Review Clinic
  - Analgesia; NSAIDs and/or paracetamol with codeine (eg co-codamol 500/30) are the mainstay of treatment
  - May benefit from Physiotherapy
  - Many of these patients have long standing symptoms and in the absence of new hard neurological findings should be referred back to their GP
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