

Frequency-Specific Microcurrent for Treatment of Longstanding Congenital Muscular Torticollis

[Regina Thompson](#)¹, [Sandra L Kaplan](#)

Affiliations

- PMID: **30664049**
- DOI: [10.1097/PEP.0000000000000576](https://doi.org/10.1097/PEP.0000000000000576)

Abstract

Purpose: This case describes the first episode of care, using conservative treatment, massage, and frequency-specific microcurrent (FSM), for a 19-month-old boy with grade 8 left congenital muscular torticollis with fibrotic nodules.

Methods: Ten weeks of physical therapy provided stretching, strengthening, massage, and parent education, adding FSM in weeks 3 to 10 for this patient.

Results: Full passive cervical rotation and lateral flexion, 4/5 lateral cervical flexion strength, improved head tilt, and inability to palpate fibrotic nodules were achieved by week 8, with partial home program adherence.

Conclusions and recommendations for practice: Excellent outcomes were achieved with conservative care in a patient with poor prognosis and likelihood of surgical referral. Combining stretching, strengthening, massage, postural reeducation, and FSM resulted in full range and good strength in an exceptionally short time. The combination of massage and FSM, not previously reported, are tools that may be effective in congenital muscular torticollis treatment.

Link: <https://pubmed.ncbi.nlm.nih.gov/30664049/>