

Neck Pain

An information guide



Neck Pain

GENERAL ADVICE

AFTER A ROAD TRAFIC ACCIDENT, NECK PAIN CAN OFTEN DEVELOP

- This is due to the muscles and / or ligaments in the neck being overstretched.
- These injuries can be very painful.
- You may not experience pain straight away after the accident.
- It may develop after a few hours and usually gets worse over the next 24-48 hours before it starts to improve .
- It may cause headaches.

Neck pain can be reduced by simple neck exercises and retaining a good posture.

Posture

- Poor posture can cause an excessive strain on soft tissues and muscles. It is important that you move your neck regularly and do not slouch.
- Your ear should be in line with your shoulders, not in front of them.

Sitting

- Support the lower back with a rolled up towel and sit upright in a chair.
- Keep your head level.

- Ensure working environment e.g. desk and chair, do not encourage you to bend or stretch.

Lying

- Try to use only one pillow
- Mould the pillow to support the neck or try a rolled up towel to support the gap
- If you lie on your side, try to keep your head level with your body by using the pillow.
- Avoid lying on your stomach
- Do not lie in the bath for long period, as this also adds an excessive stretch

Useful tips

- Gently move the head in each direction – start with looking up and down then turn head left and right **do not** circle your head
- Use heat or ice for about 10 mins up to 4 times a day
- For heat use a warm hot water bottle wrapped in a towel
- For ice use frozen vegetables wrapped in a towel, **DO NOT** apply ice directly to you skin.
- Avoid quick movements, especially when turning.
- If the pain gets worse, please go and see your GP.
- If you develop numbness or weakness in your arms, then return to the Emergency Department.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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