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University Hospitals of Leicester 
NHS Trust

Physiotherapy Department

Acute Neck Sprains

The aim of this leaflet is to answer some of the most common questions asked about acute neck sprains

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 2584382 নাম্বারে যোগাযোগ করুন।

यदि आप को इस लीफ़्लिट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डैव बेकर, सर्विस ईक्वालिटी मैनेजर से 0116 2584382 पर सम्पर्क कीजिए।

જો તમને આ પત્રિકાનું લેખન અથવા ટેપ ઉપર ભાષાંતર જોઈતું હોય તો મહેરબાની કરી ડેવ બેકર, સર્વિસ ઇક્વાલિટી મેનેજરનો 0116 2584382 ઉપર સંપર્ક કરો.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xirii, Maamulaha Adeegga Sinaanta 0116 258 4382.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫ਼ਲਿਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੈਵ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਅਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116, 2584382 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Eğer bu broşürün (kitapçığın) yazılı veya kasetli açıklamasını isterseniz lütfen servis müdürüne 0116 258 4382 telefonundan ulaşabilirsiniz.

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General do's and don'ts

- Maintenance of good posture is essential
- Persevere with the exercises
- Prolonged inactivity is not advisable
- The earlier you start moving your neck the better
- People who **cope** better with their soft tissue injury are the ones who stay active and get on with life despite the pain
- The **avoiders** are afraid of pain and suffer the most

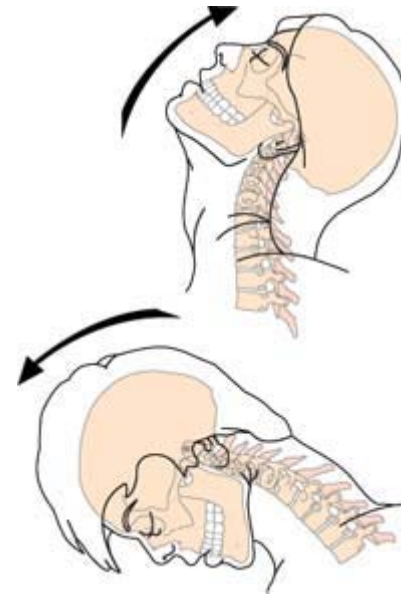
MOVEMENT IS GOOD FOR YOU

HURT IS NOT HARM

Introduction

“Whiplash” is the common term given to a soft tissue injury where the head has been forced rapidly into backward and then forward motion.

Most of the injuries are not serious and permanent damage is rare.



What is injured in the neck

Ligaments, muscles, nerves and joint coverings (capsules) are overstretched causing them to produce chemicals, which irritate nerve endings causing pain.

Common symptoms include:

- Neck pain and stiffness

Lots of rest can lead to a build up of these chemicals, which make the pain worse. Stiffness of the neck can make movement sore and restricted.

- Headaches
- Back pain

Less common symptoms include:

- Dizziness
- Jaw pain
- Arm pain
- Tingling and numb sensations

Symptoms may develop 1- 2 days after the injury. This delay is often a good sign and means that the damage is not serious.

Sometimes the aches and pains can persist or reoccur for quite some time after the injury. Experiencing good and bad days is a normal part of the recovery process.

2.



Turn your head to one side until you feel a stretch. Hold for approximately 3 seconds. Repeat to the other side. Repeat 10 times

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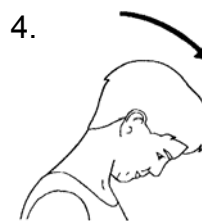
3.



Tilt your head to one side until you feel a stretch on the opposite side. Hold for approximately 3 seconds. Repeat to other side. Repeat 10 times.

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4.



Bend your chin to the chest. Hold for approximately 3 seconds. Repeat 10 times

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Try and do these exercises 3 – 4 times a day.

If your pain seems worse do them less frequently and through a smaller range rather than stopping completely. As the pain eases you can build up again.

Gentle exercises

It is important to restore the normal movement in your neck as soon as possible.

The aim of the exercises is to maintain the movement and help relieve the pain.

Your exercises may be a little painful initially as the soft tissue are being mobilized but they will not harm your neck.

However if any of the exercise aggravates your symptoms considerably or makes you dizzy, STOP and seek advice from your G.P. or your physiotherapist.

The following exercises are safe to start immediately following your injury.

1.

Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck. Repeat 10 times.



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HOW CAN YOU HELP YOURSELF?

Pain relief

You can take painkillers or anti- inflammatories to help control your pain. Take these regularly as advised by your G.P or pharmacist.

To ease the symptoms of pain you can either use a cold compress in the area of pain or apply heat, which helps to relieve pain and muscle spasms.

Cold application

- Most effective **within the first 3 days** after an injury.
- Use an ice pack wrapped around in a damp tea towel.
- Apply for 5 – 10 minutes, and repeat regularly throughout the day.

Heat application

- More effective **3 days after the injury**
- Use a hot water bottle wrapped in a towel
- Apply for 10 – 15 minutes or as long as you can tolerate the heat without burning yourself. Repeat regularly throughout the day.

Cervical collars

Soft collars are routinely provided. It has been shown that overuse of the collars can delay recovery and prevent active movement and exercise of the neck. If you have been given one try and discard it as soon as possible or as advised. Begin to wean off the collar, wearing the collar for shorter and shorter periods.

DO NOT WEAR THE COLLAR WHEN DRIVING OR SLEEPING

Posture

Try to maintain a good posture; poor posture can delay your recovery.

Avoid

- Slouching
- Sitting with your chin poking forwards

Do

- Keep your chin tucked in so that you maintain the natural curve of the neck
- Reach for the ceiling with the crown of your head
- Relax your shoulders

Sleeping positions

People with acute neck pains often complain that they are unable to get comfortable in bed.

Try sleeping with one pillow. You can place a rolled up towel in the bottom of the pillowcase to support the gap between your neck and shoulders.

Avoid sleeping on your stomach.

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