

Neck Injury / Whiplash

Contact Details

If you have any questions please telephone the RUH Emergency Department on

01225 824000 (day)

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

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Neck Injury / Whiplash

Commonly, minor injuries occur in the neck after road accidents. This can cause pain to develop in the muscles of the neck – not always immediately, it can take a few hours. This usually gets worse over the first 24-36 hours then gradually gets better, although this may take some time.

An x-ray is not usually necessary for the assessment of your injury.

Take the painkillers recommended regularly to relieve the discomfort.

If we have made no arrangements to see you again and the pain persists seek the advice of your GP.

Neck Exercises

1. Look up to the ceiling and then to the floor.
2. Sit upright, look straight ahead and tuck your chin in (make a double chin).
3. Rotate your head side to side.

Correct Sleeping Position to Avoid Neck Pain

1. Always sleep on a firm bed either on your back or your side. Never sleep face down.
2. If you sleep on your side, there are two points that are important:
 - a) See that your head and neck are straight, *i.e.* in line with the rest of your spine. The number of pillows is not important as long as your head is kept straight.
 - b) The arm on which you are lying must be kept in front of your chest not under it or behind it.
3. If you sleep on your back you should put a rolled-up towel at the back of your neck at night – it might help you feel more comfortable.