

If you require a translation please contact:

Se avete bisogno di una traduzione si prega contattare:

Si usted requiere una traducción de esta información por favor contacte a:

اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

Ashford and St. Peter's Hospitals **NHS**
NHS Trust

NECK INJURIES / WHIPLASH / RTC

Information for Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone 01784 884488 Facsimile 01784 884017

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone 01932 872000 Facsimile 01932 874757

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

FURTHER INFORMATION

If you are concerned about your injury or require additional advice please telephone **01784 884828** for Walk-in Centre at Ashford Hospital or **01932 722025** for Accident & Emergency at St. Peter's Hospital.

NECK INJURIES / WHIPLASH

Neck injuries/whiplash can occur following a road traffic collision (RTC) causing pain and stiffness to develop in the muscles. This usually gets worse over the first 24-36 hours before gradually getting better.

An x-ray is not usually necessary for the assessment of your injury. The best way to help symptoms settle quickly is to return to normal activities as soon as possible. You may need to take regular pain relief in order to do this. A follow up appointment is not necessary but if symptoms persist see your GP or return here for review.

NECK EXERCISES

Make sure you are sitting upright in a comfortable position before starting these exercises:

- Sit up straight and tuck your chin in to make a double chin, then relax.
- Turn your head round to look over each shoulder in turn.

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- Facing forwards, move your head downwards to the left so that your ear touches your shoulder. Repeat on the right side.
- Bend your head forwards and then backwards.

Repeat each of these exercises 4 times daily.

If your symptoms are aggravated by any of the exercises - **STOP**.

If your symptoms have not settled after a week consult your GP who can refer you for physiotherapy treatment.

CORRECT SLEEPING POSTURE

It is important to follow these instructions to avoid neck pain:

- Always sleep on a firm bed, either on your back or on your side. Never sleep on your front.

If you sleep on your side:

- Ensure that your head and neck are straight and in line with the rest of your spine. The number of pillows required for this may vary according to their thickness and firmness.
- The arm on which you are lying must be kept in front of the chest, not under it or behind it.

If you sleep on your back:

- When lying flat, a rolled up towel placed behind the neck helps to relieve discomfort.
- Remember to take pain relief as necessary.

ROAD TRAFFIC COLLISION INFORMATION

Under the Road Traffic (NHS Charges) Act 1999, the NHS is entitled to recover, from the insurers, the costs of any treatment you receive, following a road traffic collision.

Therefore, you should note that:

- As you may be charged you are advised to pursue a claim through the owner of the vehicle involved in the accident who will advise his/her motor insurance company.
- The motor insurance company will provide necessary details to the Department of Health Compensation Recovery Unit (CRU).
- The hospital will provide any information requested by the CRU regarding the incident.
- This applies to Emergency, Inpatient and Outpatient treatment.