

If you require further advice
or are not sure then please
contact your GP or
phone 111.

Neck Injury

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتسنيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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General Advice

Neck pain is very common whether after a stumble, road traffic collision or spontaneous after no obvious cause.

The majority of neck pain will settle within a few days or weeks.

It is important to do the exercises as they:

- Reduce stiffness and pain.
- Increase muscle strength and stamina.
- Improve flexibility.

If you do not exercise the neck muscles, they become weak and make you more prone to further neck strain. This results in a cycle of further strain and pain and further weakness. This is why collars are not recommended

Take regular painkillers. We advise simple paracetamol and ibuprofen. You will not get as much benefit if you only take them occasionally or wait until the pain is severe.

Your doctor / practitioner will advise you about this in more detail.

Posture

- Avoid slouching in the chair. Try and hold your neck straight.
- Where possible sit in a high backed chair with feet flat on floor.
- Always try and keep your shoulders relaxed.
- Keep mobile, avoiding staying in one position for too long.
- Do not sleep on too many pillows (2 maximum).
- Avoid sleeping on your front.

Daily Activities

- Wash you hair in the shower instead of bath or basin.
- Shower instead of bathing as your neck posture is poor in the bath.
- If you have to read or write prop the material up in front of you to avoid craning the neck.
- Avoid stooping when standing e.g. put the washing-up bowl up on top of the draining board.
- Do not drive until you can do quick movements of the head pain free.

Exercises

- Neck Tilt: tilt your head down to rest your chin on your chest, gently tense the neck muscles and hold for 5 seconds. Return to neutral position looking forwards and repeat 5 times.
- Neck Tilt (side to side): Tilt your head down towards your shoulder, leading with your ear. Gently tense your neck muscles and hold for 5 seconds. Return your head to centre and repeat on the opposite side. Repeat 5 times.
- Neck Turn: Turn your head towards one side, keeping your chin at the same height and moving within comfortable limits. Gently tense your neck muscles and hold for 5 seconds. Return your head to the centre and repeat on the opposite side. Repeat 5 times.
- Neck Stretch: Keeping the rest of the body straight, push your chin forward so your throat is stretched. Gently tense your neck muscles and hold for 5 seconds. Return your head to centre and push it backwards, keeping your chin up. Hold for 5 seconds. Repeat 5 times.