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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने सुवातु उचनमे सी लेंड वै तं विरथा वरवे दिस नंघर उे डेन वरवे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Neck Injuries / Whiplash / RTC

Advice for Patients

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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Neck Injuries / Whiplash / RTC

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.
- 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.

Should you require further advice or assistance please telephone **01932 722025** for Accident & Emergency at St. Peter's Hospital.