



South Central Ambulance Service NHS Foundation Trust

Neck Sprain

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Neck Sprain



This sometimes happens when your head is suddenly moved forwards or backwards and is stretched more than normal

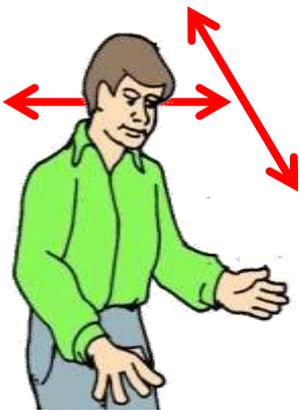


The most common cause is a car accident

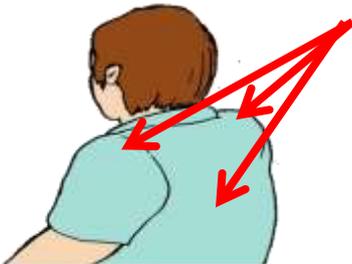
What you may be feeling



Pain and **stiffness** of your neck which may happen over the few hours after your injury



Moving your neck maybe painful



Pain and stiffness may also be in your shoulders and back



Sometimes you may have a headache

Neck sprains normally get better after a few weeks

Some people have pain for longer

What to do now



Take pain killers as told to by the person filling out this form



If the pain does not get better or is getting worse phone your doctor



Gentle rubbing of your neck muscles maybe helpful but stop if it causes pain

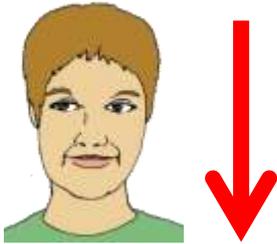
Placing a soft scarf around your neck may help

Moving about

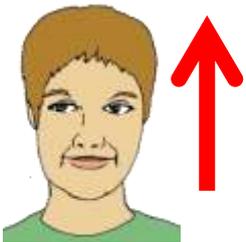


You may wish to rest for one or 2 days after that start moving around

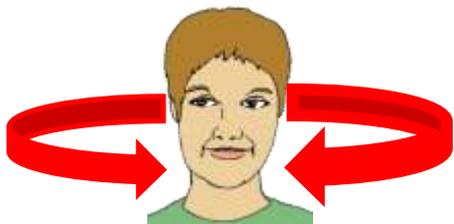
You may wish to do the following but stop if there is any pain and try another movement.



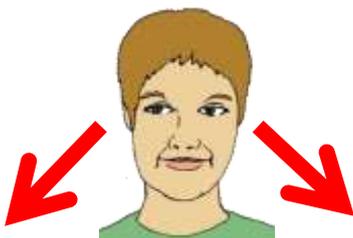
Gently move your head towards the floor



Gently look up towards the ceiling



Gently turn your head in both directions



Gently try and tip your head to either side

You must seek medical help if you have any of the following

- If the pain does not get better
- If the pain is still there after taking painkillers
- If you cant feel your hands or arms
- If you have **pins & needles** in your hands or arms
- If your hands and arms feel weak

Sprain= muscles are pulled more than normal

Stiffness=muscles are still tight

Pins & needles= is a pricking, burning, tingling or numbing sensation

You where seen by.....

Date.....

Day of the week.....

Time of the day.....



Credits

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