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# Whiplash Injury Advice

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Your Health Care Professional has examined your whiplash injury to find out if you have any broken bones or other severe injury.

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## Pain Relief

After 24 hours you can use heat to ease the pain. A warm water bottle wrapped in a towel is good for this.

You can also use the painkillers which the Health Care Professional has given you to help with the pain.

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## Using a collar

You may have been given a collar to help you rest your neck, although frequently collars are not necessary.

Do not use your collar too much: that will stop you getting your neck moving again, and may make it stiff.

Wear the collar only for short periods.

If you have difficulty sleeping because of pain, wear the collar only at night.

It will not harm your neck or take longer to get better if you do not wear your collar.

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## Posture (the position of your neck)

Poor posture (e.g. slouching) will make your neck take longer to get better.

Think about your posture when you are sitting, driving, reading and standing.

- Keep your back straight and your shoulders held up.
- Try not to slouch forward with your chin sticking out.

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## Exercises

You can do the following exercises to stop your neck becoming stiff. Keep the movement as slow as your pain lets you.

Repeat each exercise twice. Do the exercises 3 times daily.

1. Gently take your chin down onto your chest. Repeat.
2. Look over either shoulder. Repeat.

Move your head so that your ear goes towards your shoulder.

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## Recovery

Whiplash injuries usually get better in less than 6 weeks.

If pain continues after this time, see your doctor.

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## Patient Confidentiality

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