

Physiotherapy

Whiplash

What is whiplash?

Whiplash is a neck injury caused by sudden movement of the head,
Common symptoms of whiplash include:

- neck pain
- difficulty moving your head
- tingling or numbness

Things you can do to treat whiplash

- Take painkillers, such as paracetamol or ibuprofen-, to help with the pain.
- Seek advice from your GP or Pharmacist
- Use an ice or heat pack. **Do not** use heat for the **first 48 hours**
- **Do the exercises your physiotherapist gives you**
- Remain active and try to continue doing everyday activities. This will speed up your recovery.
- Be aware of keeping a good posture when sleeping or sitting

For more information contact:

UHCW physiotherapy department: 024 7696 6013

Rugby St Cross physiotherapy department: 01788 663 257



Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 01788 663 257 and we will do our best to meet your needs.

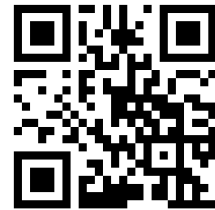
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