



# Soft tissue neck injury

Emergency Department Advice Leaflet



## Emergency Department

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Wishaw 01698 366630

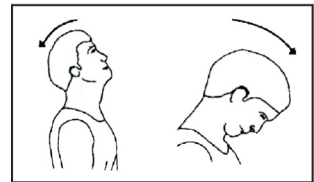
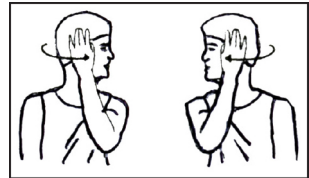
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Neck pain is not uncommon after a car crash. Pain is normally felt at the back of the neck and may increase in severity over 24 to 36 hours.

An x-ray may or may not have been performed depending on your assessment in the Emergency Department.

## TREATMENT

- ❖ Soft collars are rarely used nowadays for soft tissue neck injuries. It has been found that the use of soft collar tends to cause increased stiffness in the neck.
- ❖ You should take painkillers such as paracetamol or ibuprofen (*if you can take anti-inflammatories*)
- ❖ It is important to do some exercises. Bend your neck gently and slowly, first to the left then to the right trying to touch your shoulders.



Exercise your neck gently and slowly bending it forwards till your chin touches your chest and backwards as much as possible.

You should continue with these exercises until you feel that your range of neck movement has returned to normal.

Most patients who sustain soft tissue neck injuries usually have a resolution of their symptoms over the first two weeks.

If your pain and stiffness continue for more than two weeks after your accident you may benefit from physiotherapy. This can be arranged by telephoning 0845 604 0001 between 9am and 6pm Monday to Friday.

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