

# Information Sheet

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## Whiplash

Whiplash is caused by a sudden jerking movement of the head resulting in a neck injury. Whiplash often appears in the aftermath of an accident rather than instantly, but can be recognised by pain and stiffness in the neck which makes moving the head difficult.

**NB. This information does not replace a medical diagnosis but is intended as a guide. Always seek professional advice before beginning a program of self-help.**



## Self-help

- Ice packs can help reduce any inflammation. Apply to the affected area for 20 minutes every 2 hours in the acute stages.
- Heat packs are useful to help ease stiffness and assist in movement
- Painkillers can be taken on the instruction of a doctor or pharmacist. They can be particularly helpful in the initial stages.
- Rest is actually counterproductive, but try not to do activities that exacerbate the pain – keep moving but within your pain free range
- Massage is perfect to release the soft tissues that have spasmed as a result of the injury. Always go to a qualified and trusted massage therapist, as whiplash can impact on cervical discs and nerves which need medical intervention.
- In the short-term passive movement can help begin to release the tight tissues before beginning stretching. This must be performed with a qualified therapist.

\*Please note, this is intended as a guide to how you can help improve the symptoms of whiplash at home. Should you require any further or more specific advice, please do not hesitate to contact me.