

# Neck Injury

## Patient Information

You have been diagnosed as having a neck sprain. This will cause pain and stiffness. It is important, however, to do gentle neck exercises to aid recovery and prevent excessive stiffness.

### Exercises

Make sure you are sitting in a good upright position before starting these exercises. Keep the movements smooth and slow.

- Lift your chin up to stretch the front of your neck, as if you are looking at the ceiling
- Look down towards the floor to stretch the back of your neck
- Look left and right as if looking over your shoulder
- Let your head fall to each side, as if you are putting your ear on your shoulder

Try to do these exercises every couple of hours. Do remember to take regular painkillers if you have discomfort. Soft neck collars are no longer used as they can prolong or even worsen the symptoms.

The pain and stiffness should gradually settle over four to five days.

If your symptoms do not settle, then please make an appointment to see your own GP.

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

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