

**Further advice and information:**

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King’s Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net). This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202210-01-NI  
Created: October 2022/ Review Date: October 2024

**INFORMATION FOR PATIENTS**

**Neck injury**

**Emergency Department**

**King’s Mill Hospital**

Mansfield Road  
Sutton in Ashfield  
Notts NG17 4JL  
Telephone: 01623 622515, extension 2789

**Newark Hospital**

Boundary Road  
Newark  
Notts NG24 4DE  
Telephone: 01636 681681

Neck injuries and pain can happen during or after road traffic accidents, sports and sudden movement.

Pain can develop in the neck muscles. It usually gets worse over the first day or so, but does gradually get better, even though this may take some time. The pain and stiffness should start to wear off between four and five days.

#### **You should:**

- Take painkillers such as paracetamol or ibuprofen to relieve the pain. Ibuprofen should be used with caution if you suffer from asthma or stomach ulcers. Always read the guidance on usage when taking any medication.
- Apply an ice pack or cold compress to your neck for 10 minutes, three to four times a day, for the first few days. Never put an ice pack directly on your skin – wrap it in a towel.
- Avoid lifting.

#### **Exercise**

Before you start the following exercises, make sure you are sitting up and are comfortable. Do each exercise 10 times every hour, but if these are painful you must stop:

- Stretch yourself up so that you are straight. Tuck your chin in to make a double chin and then relax.
- Turn your head round to look over each shoulder.
- Facing forwards, try to touch your ear down to your shoulder – do this on your left and right.
- Bend your head backwards and forwards.

#### **The best way to lie in bed to avoid neck pain**

Always sleep on a firm bed, either on your back or on your side, but never face down.

If you sleep on your side, you should:

- Make sure that your head and neck are in line with the rest of your spine.
- Use enough pillows to keep your head straight.
- Keep the arm that you are lying on in front of you.

If you sleep on your back, you should:

- Put a rolled-up towel at the back of your neck at night. This may make you feel more comfortable.

If you do not start to feel better after a week, please make an appointment with your GP.