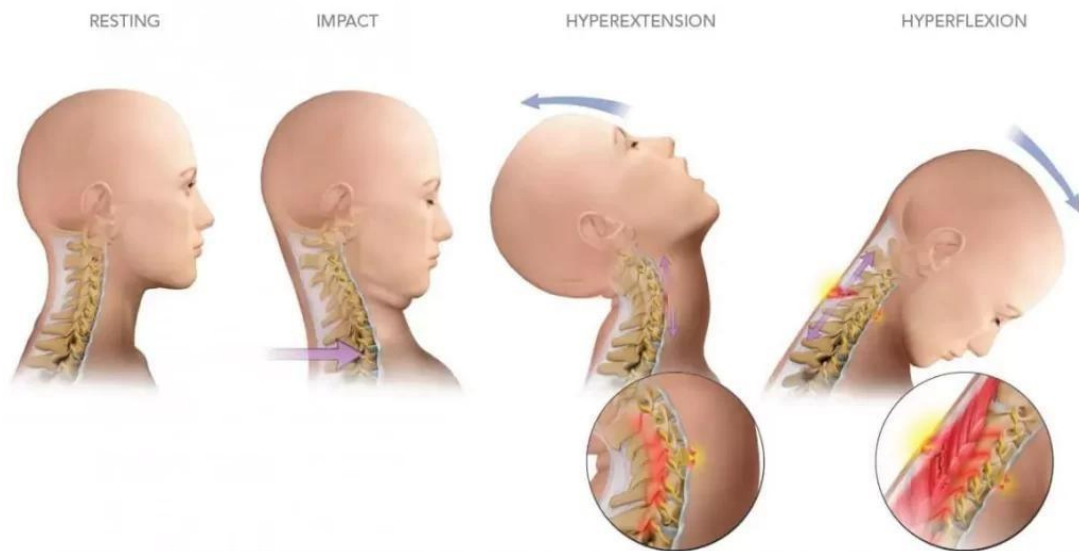


Trauma and Whiplash Injuries



What is Whiplash?

Whiplash is a neck injury caused by a sudden movement of the head, typically forwards, backwards, or sideways. It often occurs after road traffic accidents but can also result from falls, sports injuries, or physical assault.

Common Symptoms

- Neck pain and stiffness
- Headaches (often starting at the base of the skull)
- Shoulder pain

- Dizziness
 - Fatigue
 - Difficulty concentrating or memory issues
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- Tingling or numbness in the arms

Causes of Trauma and Whiplash

- Road traffic collisions
 - Sports-related impacts
 - Slips, trips, and falls
 - Physical assault or sudden jolts
 - Workplace injuries
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Self-Management Advice

- **Stay active:** Gentle movement helps recovery. Avoid prolonged rest.
 - **Pain relief:** Use over-the-counter medications like paracetamol or ibuprofen.
 - **Heat or cold therapy:** Apply a warm compress or ice pack to reduce pain and inflammation.
 - **Posture awareness:** Maintain good posture, especially when sitting or using screens.
 - **Gentle exercises:** Neck stretches and mobility exercises can aid recovery.
 - **Sleep support:** Use a supportive pillow and avoid sleeping on your stomach.
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When to Seek Help

Contact a healthcare professional if:

- Symptoms persist beyond a few weeks
 - Pain is severe or worsening
 - You experience weakness, numbness, or coordination issues
 - You have difficulty performing daily activities
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Useful Resources

- NHS Whiplash Advice: www.nhs.uk
- Chartered Society of Physiotherapy: www.csp.org.uk
- Local physiotherapy services (ask your GP or visit your local health centre)