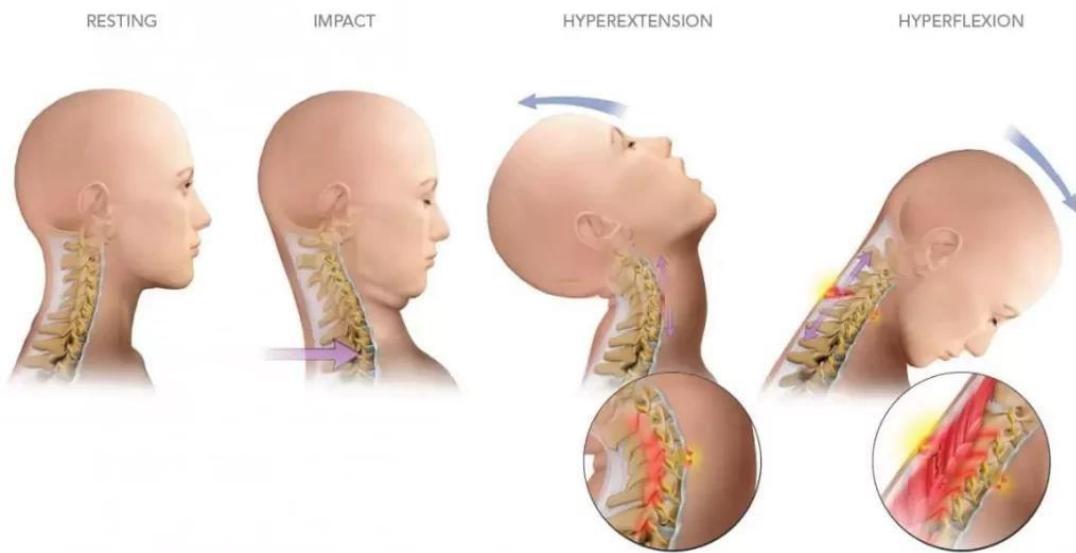


## Trauma and Whiplash Injuries



### 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
- Tingling or numbness in the arms

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### **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](http://www.nhs.uk)
- Chartered Society of Physiotherapy: [www.csp.org.uk](http://www.csp.org.uk)
- Local physiotherapy services (ask your GP or visit your local health centre)