

Daily Activity

Avoid staying in one position for too long or doing a repetitive activity for long periods. Try to change what you are doing after 15-20 minutes.

You may have good and bad days - this is normal.

Try and ensure that you move as normally as possible, guarding against movements can increase muscle tightness in the neck and shoulders which can lead to increased aching and stiffness. Trying the exercises provided in this leaflet can help.

Relaxation

Guarding against sore movements can cause muscle tightness in the neck and shoulder muscles. In the long term this will increase aching and stiffness. Regular movement of the shoulders and neck, use of gently heat or ice can help.

Travelling

- Do not wear a collar to drive in.
- Make sure you have adjusted your car seat and head rest.
- Take regular breaks if driving long distances.

Exercises/Stretches to avoid stiffness and pain

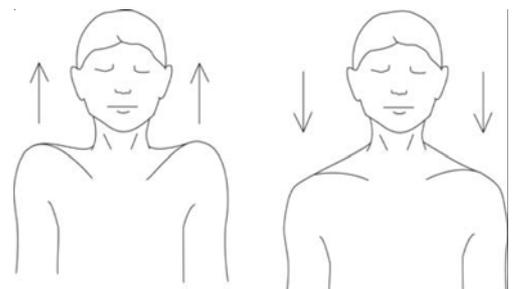
These are important to prevent neck stiffness and may help to reduce pain. Begin the exercises straight away after your injury.

It is normal to feel some discomfort while exercising however it should not significantly increase your pain. If you overdo it, you may aggravate the pain but you will not do any harm. A rule of thumb is to do little and often of what feels comfortable and as pain subsides build up the exercises.

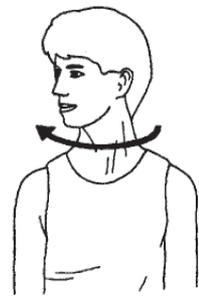
The presence of pain does not necessarily mean more damage - **hurt does not mean harm.**

Getting the movement back is very important - below are some exercises to help:

1. Sitting or standing lift your shoulders, push them down.
Repeat 10 times



2. Sitting. Turn your head to one side until you feel a stretch.
Hold for approx. 5 seconds.
Repeat to other side.
Repeat 5 times.



3. Sitting straight with head supported slide the back of your head up the wall and tuck your chin in and feel a lengthening down your neck.
Hold 5 seconds.
Repeat 10 times



4. Sitting roll your head forward until you feel a stretch the full length of your neck.
Hold 5 seconds.
Uncurl your neck back to the start position.



5. Sitting. Tilt your head toward one shoulder until you feel the stretch on the opposite side.
Avoid poking chin.
Hold for approx. 5 seconds.
Repeat 5 times. If your symptoms are not improving during the weeks following your injury, contact your doctor. He may, if he considers it appropriate, refer you onto a Chartered Physiotherapist.



6. Sitting on a chair. Hold on to the side of the chair with the hand on the side to be stretched. Put the other hand over the head on the opposite. Put your hand on your ear, bend your head away from the side to be stretched.
Hold 10 seconds.
Repeat on the other side. Once your pain is improving you can progress the exercise by following the steps.
Hold for approx. 5 seconds.
Repeat 5 times.



If your symptoms are not improving during the weeks following your injury, contact your doctor. He may, if he considers it appropriate, refer you onto a Chartered Physiotherapist.

If you have any comments about this leaflet or the service you have received you can contact :

Secretary
Physiotherapy Department
Huddersfield Royal Infirmary

Telephone No. (01484) 342434

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információit más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

