

Disclaimer

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FRESH
2010
PERSPECTIVES



Blackrock Clinic

EMERGENCY DEPARTMENT

*Neck Sprain
Advice*



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Neck Sprains

These are painful because the muscles and ligaments have been injured.

This pain often comes on a few hours after the injury occurs.

It usually gets worse over the first one to two days and then gradually gets better over a few days or weeks.

X-ray examination is usually unnecessary. The main problem is that the muscles hurt when you move your neck.

Unfortunately if you don't move your neck, your neck will get stiffer. To prevent your neck from getting stiff, your treatment should include the following:

Pain relief

Take recommended or prescribed painkillers for at least 24 - 48 hours.

Ice

Never put ice directly on the skin. Cover ice pack/ice cubes with a damp tea towel. Apply during the first 48 hours. Apply the ice to the injured area 3-4 times daily for 15- 20 minutes.

Heat (after 48 hours have passed)

Using a hot water bottle wrapped in a towel or taking a hot shower can ease tension in the muscles.

Positioning

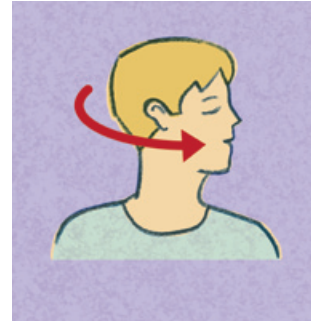
Change positioning frequently even if you are comfortable. Avoid looking down for longer than a few seconds i.e. when reading, prop-up the book.

Sleeping Positions

Support your neck with a foam roll or rolled towel inside your pillow case. Try not to sleep with too many pillows that will force your neck into a bent forward position.

Exercises

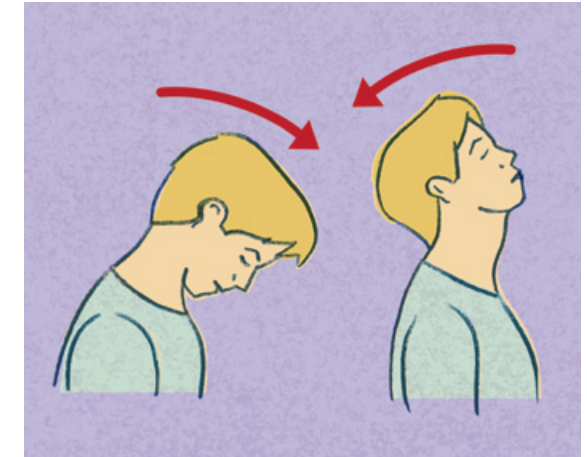
1. Turn your head slowly to either side to look over your shoulders. Go to the point in the range of movement where pain starts



2. Slowly move your right ear down towards your right shoulder and repeat on the other side.



3. Move your chin towards your chest, i.e. face downwards slowly and then raise your face up towards the ceiling.



4. While sitting down gently shrug your shoulders.

