



Proactive Physio

Whiplash

Neck pain is very common, even without an accident or injury. With an increase in the number of cars on our road approximately 1 in 200 people now have a minor neck injury/whiplash each year. It is usually not too serious and permanent damage is unlikely.

Whiplash injuries usually affect the working parts of your neck – the muscles, ligaments and small joints.

Some facts about whiplash:

- Most whiplash injuries are not serious – Usually the muscles are worst affected and discs, bones, ligaments are usually ok.
- You may also experience back pain in addition to your neck pain.
- You may suffer from headaches – this is usually due to tight muscles around the neck.
- The initial acute pain will usually settle after a week or so.
- Some people have a delayed onset of pain – this means the symptoms can start a few days following the injury.
- Permanent damage is usually rare and long-term symptoms tend to resolve completely.

Most whiplash injuries are not serious – depending on the type of accident you may have been involved in, you may have already been taken to A&E or have been reviewed by your GP. This is useful to ensure nothing serious has occurred.

The symptoms of whiplash can be controlled and managed. Physiotherapy plays a key role in this process. Proactive Physio offers treatment and advice which can facilitate this process. We also prepare assessments and reports for your insurance company dealing with your claim.

For further information or to book an appointment :

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