



# Whiplash Injury Advice Guide

**Whiplash typically results from a sudden jolt to the body, causing your spine to throw your head forward and then back, most commonly in a road traffic accident.**

Damage is caused to the muscles, ligaments and tendons in the neck, which may become stiff, and tender, leading to restricted movement and possibly headaches.

Typically occurring in road accidents, whiplash can be painful but it is seldom permanent. Indeed treatment is well understood, and there is much that you can do to improve your condition more quickly.

Following a trauma, you may not show any symptoms for several hours, perhaps the next day. As the inflammation of the damaged areas builds, so you may start to experience muscle spasm, and aches around the shoulders and neck. Headaches may also develop due to the muscle tension over the back and sides of the skull.

Our specialist solicitors can advise you how to easily make a claim for compensation – that's compensation for your injury *and* for any rehabilitation which may be require.

**Call us free today on 0800 612 7808**

Early treatment of whiplash will help to speed recovery. You should always consult your GP, who may suggest the following:

- **Ice pack:** as soon as possible, even before you experience any pain, wrap an ice pack (perhaps a bag of frozen peas) in a towel and apply it your neck and shoulders, or other painful area.

- **Anti-inflammatory tablets:** take anti-inflammatory tablets such as ibuprofen. These will work only on the affected areas to reduce the swelling. Follow the instructions, or consult a pharmacist/GP if you have any concerns about taking medication, or if you may be allergic to any medication.

- **Painkillers:** again, painkillers will help you manage the pain to allow you to move more freely.

- **Seek advice:** Visit your GP, or speak to a pharmacist. Always follow the instructions, or consult a pharmacist/GP if you may be allergic to any medication.



## Coping with your injury

Whiplash pain can be debilitating, and it would be easy to sit still, afraid to move for fear of the pain or causing more damage (which, incidentally, is most unlikely). The pain may continue sporadically for several months, perhaps increasing with particular activities. You will need to identify what you do that results in pain, and also which exercises address that particular pain.

In the meantime, you should consider making a claim against the negligent party for compensation. After all, your neck is very important to you – **why should you suffer because of someone else's negligence?**

Call us today on **0800 612 7808** or visit our website at **[www.smartinjuryassist.co.uk](http://www.smartinjuryassist.co.uk)** and start your compensation claim today.

