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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮے ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪاً ਕਰਕے ਇਸ ਨੰਬਰ 'ਤੇ فون کرو: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Neck Injury

Paediatric A&E Department



Neck Injury

Sudden jerking movement of the head in any direction can cause a sprain to any of the neck muscles. If this happens, your child may experience pain in the front, side or back of the neck, and may be unwilling to move the head or neck.

If there is a more serious mechanism of injury e.g. a high speed car accident, or a fall from a height, then the child's neck will be immobilised in a hard collar until X-rays or CT scanning has been done.

X-rays are not required for sprains. An anti-inflammatory drug e.g. ibuprofen will be prescribed to reduce the inflammation, and the child should be encouraged to gently move the head and neck. Occasionally a muscle relaxing drug (diazepam) will be required to ease the spasm in the muscle. There is no evidence that a soft collar helps with this kind of injury, and may make the situation worse as it will discourage the child from moving.

Muscular sprains tend to get worse in the first few days after the injury, so it is important to give the anti-inflammatory regularly, and keep encouraging the child to move. The pain should settle within 7-10 days.

If there is any persistent weakness, numbness or pins and needles of the child's limbs, they should return to Paediatric A&E.

Dr Erin Dawson
Associate Specialist Emergency Paediatrics

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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