

Data Protection - Looking after and sharing information about your child

We have a duty of care to help patients and families understand how information about them is kept and shared and we include the following information in all our patient leaflets:

Information is collected about your child relevant to their diagnosis, treatment and care. We store it in written records and electronically on computer. As a necessary part of that care and treatment we may have to share some of your information with other people and organisations who are either responsible or directly involved in your child's care. This may involve taking your child's information off site. We may also have to share some of your information for other purposes; such as research etc. Any information that is shared in this way will not identify your child unless we have your consent. If you have any questions and/or do not want us to share that information with others, please talk to the people looking after your child or contact PALS (Patient Advice and Liaison Service) on 0121 333 8403.

Further information

If you need any more information or advice please contact: 111.

Call 111 if you need medical help fast, but it's not life-threatening – for example, if you:

- Think you need to go to the hospital.
- Don't know who to call for medical help.
- Don't have a GP to call.
- Need medical advice or reassurance about what to do next.

For health needs that are urgent, you should call your GP. If a health professional has given you a number to call for a particular condition, you should continue to use that number.

This information has been produced by the Emergency Department

Support our Emergency Department


Birmingham
Children's Hospital
Charity
Doing more for sick kids

With up to 200 children coming to our Emergency Department every day, with everything from broken toes to severe road traffic injuries, there can be a bit of a wait. With your help, we can continue to provide books, toys and activity packs to keep children occupied and distracted during any waits and throughout their treatment journey.

Text
GIVE2ED to
donate **£3** to
show your
support.

Standard rates apply. Registered Charity Number 1160875

bch.org.uk/donate

NHS

Birmingham Women's
and Children's
NHS Foundation Trust

Advice Sheet for

Neck Sprain or Pain

Produced: Mar 16
Review Date: Mar 21
Version 1.0.0
CPADS: 49357



By your side

Information for Parents:

Caring for your child with muscular neck pain

Minor injuries to the neck often happen, especially after a road traffic collision or sporting incident. This is often known as 'whiplash'. A neck sprain can cause pain the muscles of the neck and/or shoulders. Sometimes this pain can happen straight after the accident and sometimes it can develop after a few hours.

Neck pain can develop spontaneously overnight as well – this is called a torticollis or 'wry' neck.

Muscular neck pain usually becomes worse over the first 24-36 hours, and then gradually gets better over 1-2 weeks.

Torticollis

Torticollis means 'twisted neck'. This is a common cause of neck pain and stiffness in children and young people. It is common to wake up with a 'wry neck'. It usually goes away on its own over a few days, sometimes longer. Painkillers may ease the pain. Gentle neck exercises are usually advised.

The cause of acute torticollis often not known. It can happen in people with non previous neck symptoms there is usually no obvious injury.

However, it may be due to a minor sprain or irritation of a muscle or ligament in the neck.

Some reasons for this include:

- Sitting or sleeping in an unusual position without adequate neck support.
- Poor posture when looking at a computer screen.

- Carrying heavy unbalanced loads (for example, a heavy school bag).
- Allowing certain muscles of the neck to be exposed to cold ('sleeping in a draught').

It is common for people to go to bed feeling fine and to wake up the next morning with an acute torticollis.

The pain is usually on one side of the neck and stiffness of the muscles in that area twists the neck to one side. Attempts to straighten the neck are difficult due to pain. Occasionally, the pain is in the middle of the neck.

The pain may spread to the back of the head or the shoulder. The muscles of the affected side may be tender. Pressure on certain areas may trigger a 'spasm' of the muscle. Movement of the neck is restricted, particularly on one side.

Treatment for Neck Sprain or Torticollis

The aims of treatment are to relieve the pain and try to reduce the stiffness in the muscles.

Pain relief

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

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

Changing positions 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

Try not to sleep with too many pillows that will force your neck into a bent forward position, 1 pillow is usually sufficient.

Exercises are vital to increase movement in the neck and help to reduce pain

- Turn your head slowly to either side to look over your shoulders. Go to the point in the range of movement where the pain starts.
- Slowly move your right ear down towards your right shoulder and repeat on the other side.
- Move your chin towards your chest, i.e. face downwards slowly and then raise your face up towards the ceiling.
- Whilst sitting down gently shrug your shoulders.

