



WHAT TO EXPECT AFTER A CAR ACCIDENT

What might I feel?

- Stiffness in your neck, back, arms or legs
- Numbness and/or tingling in your arms or legs
- Headaches, dizziness, nausea
- Ringing in your ears
- Soreness across the chest area from the seat belt
- Generalized body aches and pains
- Tiredness or cold-like symptoms
- Weakness
- Anxiety
- You will usually feel worse before you feel better

How long will the symptoms last?

- They may disappear and re-appear over time
- A few days to several months. (In severe cases, symptoms can last for several years.)

How can I help myself?

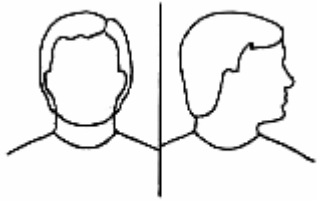
- Take medications as prescribed by your health care professional
- Ice the most painful areas for 15 minutes, 2-3 times per day
- Gentle exercise, including walking
- Relaxation exercises
- Good postural habits
- Don't sit or stand too long
- A neck collar may be helpful (your health care professional will advise you)

When should I call my Health Care Professional?

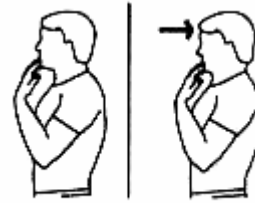
- If you are unable to manage the pain with home treatment during the first two weeks
- If the symptoms do not improve after two weeks of home treatment

Hayward/Union City Physical Therapy Department: (510) 675 – 4289
Fremont Physical Therapy Department: (510) 248 - 3200

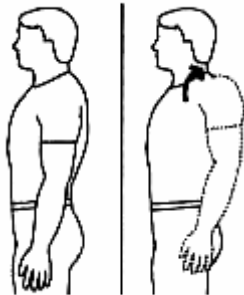
1. **Head Turns.** ___ Repetitions
___ Times a day



2. **Chin Tucks.** ___ Repetitions
___ Times a day



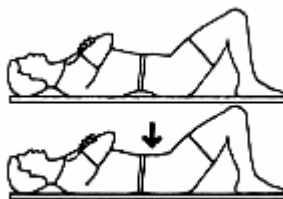
3. **Shoulder “Rolls”.** ___ Repetitions
___ Times a day



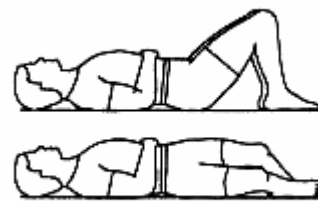
4. **“Blade” Pinches.** ___ Repetitions
___ Times a day



5. **Pelvic Tilts.** ___ Repetitions
___ Times a day



6. **Knee “Rolls”.** ___ Repetitions
___ Times a day



How to make an ice pack:

Combine: 3 cups water and 1 cup rubbing alcohol in a 1-gallon size zip-lock bag. Freeze overnight until slushy. Wrap a cold damp towel around the bag and apply 10-15 minutes to the painful area. **Do not apply bag directly on your skin.** Refreeze after use and repeat ice application as necessary.