

Whiplash

A fact sheet about your recovery in the first 12 weeks



What is whiplash?

Whiplash is when your head moves suddenly in one direction and then back quickly. This movement may cause injury to your neck. Whiplash can happen in a car crash.

Neck pain is the most common symptom of whiplash. Other symptoms can include headaches, aching in the shoulders and arms, and dizziness or feeling light headed.

Some people may continue to have these symptoms during their recovery.

How long does it take to get better?

Most people recover from whiplash within a few days or weeks. Others may take several months to get better. Everyone's recovery is different.

Most people will be able to go on with usual activities. In fact, keeping active is good for recovery.

People who keep working, even if they can't do all of their usual work at first, have a better recovery than people who take a long time off work.

What should I do to help my recovery?

You can take an active role in your recovery in these three ways:



See your doctor



Stay active



Do your neck exercises



If you have any questions about your claim, call CTP Assist at the State Insurance Regulatory Authority on 1300 656 919 | sira.nsw.gov.au

