

RECOVERING FROM AN ACCIDENT

Is there any general information on what to do after suffering an injury?

The Irish College of General Practitioners (ICGP) has supplied the following general advice for someone who has suffered an injury and is recovering. It relates to the more common injuries. *It does not substitute for medical attention and if you have any concerns about an injury, or if you have a serious injury, you should follow advice from your doctor.* PIAB and the ICGP wish you the very best in your recovery.

After any injury, monitor how you feel and seek medical attention if needed. It is important to follow whatever medical advice you are given – in some cases rest is advised, but in many cases it is advised to keep mobile.

Following the doctor's advice you receive could reduce periods of pain or long-term damage. Maintaining a positive attitude and keeping up social relationships can also help recovery. Most people who suffer an injury recover fully and are able to enjoy their previous lifestyle, hobbies and work they previously were involved in.

What to do if someone has suffered a sprain injury to their ankle or wrist?

In this case, your doctor or physiotherapist may recommend measures called RICE (Rest, Ice, Compression, and Elevation). If your symptoms worsen or if you have any concerns whatsoever you should of course consult with your doctor.

What to do if someone has suffered a soft tissue injury to the neck or back?

The majority of injuries to people travelling in vehicles (for example, such as rear-end motor vehicle collisions) are soft tissue in nature. These are in many cases injuries that heal over time, although in some cases they may be more serious. Pain and stiffness in your neck or back after an accident may take several hours before it manifests. You may feel pain or stiffness in your shoulders. Symptoms often

improve within a few days and most people make a full recovery within a few weeks. If you ask your doctor, they may advise you about how to maintain your normal activities to speed up your recovery. Naturally, take your doctor's advice on this.

You should avoid long periods of sitting and maintain correct posture when sitting or standing, making sure that you are not bent or slouched over. If you are advised by your doctor to do so, you should consider gentle exercise as you are able and increasing your range of movements. Physiotherapy may be helpful, if your doctor recommends it. If your symptoms worsen or if you have any concerns whatsoever you should consult with your doctor.

Further information at <https://www.piab.ie/eng/help-support/faqs/>

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