

This document contains confidential information about your health and care at Kaiser Permanente.

Visit Information

Appointment Information

12/20/2010 4:00 PM

Provider

GIA MARIE GRAY MD

Department

Stk-Medf >West Lane

Dept Phone

Your Primary Care Providers

Provider

MICHAEL EARL BROYLES MD

PCP Type

OB/GYN Physician

HYMAVATHY JASTI MD

General

209476-3270
Physical
Therapy -
Call for App

Personal Care Information

Patient Instructions

Your Kaiser Permanente Care Instructions

Neck Strain: After Your Visit

Your Care Instructions

You have strained the muscles and ligaments in your neck. A sudden, awkward movement can strain the neck. This often occurs with falls or car accidents or during certain sports. Everyday activities like working on a computer or sleeping can also cause neck strain if they force you to hold your neck in an awkward position for a long time.

It is common for neck pain to get worse for a day or two after an injury, but it should start to feel better after that. You may have more pain and stiffness for several days before it gets better. This is expected. It may take a few weeks or longer for it to heal completely. Good home treatment can help you get better faster and avoid future neck problems.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- If you were given a neck brace (cervical collar) to limit neck motion, wear it as instructed for as many days as your doctor tells you to. Do not wear it longer than you were told to. Wearing a brace for too long can make neck stiffness worse and weaken the neck muscles.
- Put ice or a cold pack on your neck for 10 to 20 minutes at a time. Try to do this every 1 to 2 hours for the next 3 days (when you are awake) or until the swelling goes down. Put a thin cloth between the ice and your skin.
- Take pain medicines exactly as directed.
 - If the doctor gave you a prescription medicine for pain, take it as prescribed.
 - If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine.
 - Do not take two or more pain medicines at the same time unless the doctor told you to. Many pain medicines have acetaminophen, which is Tylenol. Too much acetaminophen (Tylenol) can be harmful.

Personal Care Information (continued)

Patient Instructions (continued)

- Gently rub the area to relieve pain and help with blood flow. Do not massage the area if it hurts to do so.
- If your neck is swollen, avoid things that might make swelling worse, such as hot showers, hot tubs, hot packs, and drinks that contain alcohol.
- After 2 or 3 days, if your swelling is gone, apply a heating pad set on low or a warm cloth to your neck. This helps keep your neck flexible. Some doctors suggest that you go back and forth between hot and cold. Put a thin cloth between the heating pad and your skin.
- Do not do anything that makes the pain worse. Take it easy for a couple of days. You can do your usual activities if they do not hurt your neck or put it at risk for more stress or injury.
- Try sleeping on a special neck pillow. Place it under your neck, not under your head. Placing a tightly rolled-up towel under your neck while you sleep will also work. If you use a neck pillow or rolled towel, do not use your regular pillow at the same time.
- To prevent future neck pain, do exercises to stretch and strengthen your neck and back. Learn how to use good posture, safe lifting techniques, and proper body mechanics.

When should you call for help?

Call 911 anytime you think you may need emergency care. For example, call if:

- You lose bladder or bowel control.
- You have weakness in your arms or legs.

Call your doctor now or seek immediate medical care if:

- You have new pain, numbness, or tingling in your arms, hands, or legs.

Watch closely for changes in your health, and be sure to contact your doctor if:

- Your neck pain gets worse.
- Your neck pain is not better after 1 week. It may take longer for the pain to go away completely, but it should feel at least a little better.

Where can you learn more?

Go to <http://www.kp.org>.

Enter **M253** in the search box to learn more about "**Neck Strain: After Your Visit.**"

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Visit my Home Page at kp.org/mydoctor to email me, check your lab results, refill prescriptions, schedule routine appointments and view past office visit information. You can also find health information and links to classes, videos, podcasts and other online health tools. If you don't have an active password, visit kp.org/register. Once you register you can also learn how to view records for a child under the age of 12 or adult members with their permission.

Visit Summary**Vital Signs - Last Recorded**

Blood Pressure	Pulse	Temperature (Src)	Height	Weight	Oxygen
147/72	76	96.8 °F (36 °C) (Tympanic)	5' 4"	146 lb 9.6 oz (66.497 kg)	98%

Visit Summary (continued)

Vital Signs - Last Recorded (continued)

Blood Pressure	Pulse	Temperature (Src)	Height	Weight	Oxygen
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Vitals History Recorded

Body Mass Index
25.16

Regular physical activity (at least 150 minutes a week) and maintaining a healthy weight (Body Mass Index or BMI less than 25) can help you reduce your risk for heart disease, stroke, diabetes, and certain cancers. Even small increases in physical activity can make a big difference. Enjoy healthy eating by including more fruits and vegetables, eating smaller portion sizes, and drinking fewer sweetened beverages. Not smoking and learning to manage stress can also help you thrive. If you need help, visit your doctor's home page at kp.org/mydoctor.

Tobacco Use (More Information at kp.org/quitsmoking)

Tobacco Use	Amount
Quit (1/1/1989)	N/A

Allergies

Allergies as of 12/20/2010

Date Reviewed: 12/20/2010

	Noted	Type	Reactions
No Known Allergies			

Pharmacy Information

PHARMACY PICK UP

To start your medication order, please go to any Kaiser Permanente Pharmacy "check-in" line. When your medication is ready for pick-up, your name will appear on the lighted display board. Most prescriptions are ready within 15 minutes after you check in.

Have your refills mailed to you and get free shipping. Go to kp.org/rxrefill, or call (888) 218-6245. Also use the kp.org My Health Manager - Pharmacy Center to check the status of a refill, set up email refill reminders and review your list of medications.

Pharmacy

Pharmacy Name
STK PHARMACY 1 1ST FL

Pharmacy Address and Hours

Address
7373 West Lane
STOCKTON, CA 95210

Hours
24 hours

Preventive Services

Please see your visit registration slip or View Your Preventive Services on your doctor's home page <http://kp.org/mydoctor> to see if you are due for screening tests or immunizations.

Future Appointments

Date	Time	Visit Type	Department	Provider	Length
12/20/10	4:00 PM	OFFICE VISIT	STK-MEDF >WEST LANE	GRAY, GIA MARIE (M.D.)	20