

Whiplash Exercises

The exercises below should help to heal your neck. They are designed to restore the movement and muscle control around your neck and to reduce unnecessary postural strain and muscle pain.

When you are performing the exercises, stop and contact your Physiotherapist if you notice:

- Dizziness, light headedness, blurred vision, fainting or disorientation.
- Sudden pain shooting down your arm, or numbness or weakness of the arm or hand.
- Unusually severe neck pain.
- Exercises consistently producing a headache, which persists.

When doing the exercises:

- Move smoothly and slowly, without sudden jerks. Precision and control of movement are vital.
- Keep your mouth and jaw relaxed. Keep your lips together, teeth slightly apart and let your tongue rest on the roof of your mouth.
- Gently hold your shoulders back and down so that they are relaxed while doing all exercises.
- For movement exercises, try to move the same distance to either side. If one side is stiffer, move gently into the stiffness. Move to that direction a little more often.
- Expect some discomfort, but remember exercises should not cause severe pain.

These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

Other Branches

Butterfield PhysioCare
1A Butterfield Avenue
Rathfarnham
Dublin 14
tel: 4935522
fax: 4938224
email: butterfield@physio.ie
web: www.physio.ie

Dundalk PhysioCare
10B Roden Place
Dundalk
Co Louth
tel: 042 9320932
email: dundalk@physio.ie
web: www.physio.ie

Lying down.

For these exercises, lie down with a soft pillow under your neck, and with your knees bent up.

1. Chin Nods.

Gently and slowly nod your head forward as if to say 'yes'. Feel the muscles at the front of your neck. Stop the nodding action just before you feel the front muscles hardening.

Hold the nod position for five seconds and then relax. Gently move your head back to the normal start position. Repeat up to 10 times.



2. Head Rotation.

Gently turn your head from one side to the other. Look where you are going. Progressively aim to turn your head far enough so your chin is in line with your shoulder and you can see the wall in line with your shoulder.

Repeat 10 times to each side.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

Other Branches

Butterfield PhysioCare
1A Butterfield Avenue
Rathfarnham
Dublin 14
tel: 4935522
fax: 4938224
email: butterfield@physio.ie
web: www.physio.ie

Dundalk PhysioCare
10B Roden Place
Dundalk
Co Louth
tel: 042 9320932
email: dundalk@physio.ie
web: www.physio.ie

3. Shoulder Blade Exercise.

This exercise will relax and ease any tension in the muscles on top of your shoulders. It will give you pain relief.

Lie on your right side with your arm resting up on two pillows.

Roll your left shoulder blade back and across your ribs towards the centre of your back. Hold the position for 10 seconds. Repeat 5 times.

Repeat lying on the left side for the right shoulder blade.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

Other Branches

Butterfield PhysioCare
1A Butterfield Avenue
Rathfarnham
Dublin 14
tel: 4935522
fax: 4938224
email: butterfield@physio.ie
web: www.physio.ie

Dundalk PhysioCare
10B Roden Place
Dundalk
Co Louth
tel: 042 9320932
email: dundalk@physio.ie
web: www.physio.ie

Exercises in sitting.

1. Correct postural position.

Correct your posture regularly by gently straightening up your lower back and pelvis (sit tall). Now gently draw your shoulder blades back and down (women towards their bra clip). Gently tuck your chin in. Hold the position with ease for at least 10 seconds.

This position will prevent and ease muscle pain and tension in your neck and shoulder muscles. Repeat the correction regularly, every half hour during the day. You can do this exercise at work, in the car, train or bus and sitting at home.



2. Neck retraction.

Sit in the correct postural position as shown above. Gently draw your head back, sliding your chin back horizontally and keeping your nose pointing straight ahead. You should feel the retraction movement at the base of your neck and your neck should stay long. Repeat this 10 times every hour when sitting.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

Other Branches

Butterfield PhysioCare
1A Butterfield Avenue
Rathfarnham
Dublin 14
tel: 4935522
fax: 4938224
email: butterfield@physio.ie
web: www.physio.ie

Dundalk PhysioCare
10B Roden Place
Dundalk
Co Louth
tel: 042 9320932
email: dundalk@physio.ie
web: www.physio.ie

Neck Movement Exercises.

For the following exercises, sit in the correct postural position as described above. Repeat all exercises 10 times in each direction.

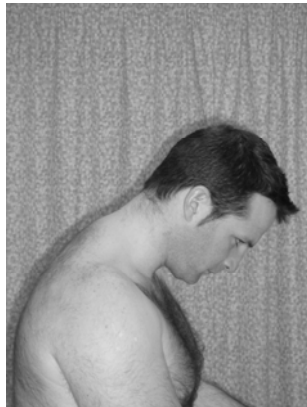
1. Rotation

Gently turn your head from one side to the other. Look where you are going, progressively aim to see the wall in line with your shoulder. This exercise is similar to the one you did lying down. This time you do it sitting.



2. Bending and extension.

Gently bend your head towards your chest. Lead the movement with your chin. Moving the chin first, bring your head back to the upright position and gently roll it back to look up towards the ceiling. Leading with your chin, return your head to the upright position.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

Other Branches

Butterfield PhysioCare
1A Butterfield Avenue
Rathfarnham
Dublin 14
tel: 4935522
fax: 4938224
email: butterfield@physio.ie
web: www.physio.ie

Dundalk PhysioCare
10B Roden Place
Dundalk
Co Louth
tel: 042 9320932
email: dundalk@physio.ie
web: www.physio.ie