

Patient Exercise Sheet:  
**Neck Exercises:**  
Whiplash

Physiotherapy



**1 Neck Flexion**

**2 Neck Extension**

**3 Rotation**

**4 Side Flexion**

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

These exercises may be painful whilst you are doing them, but the pain should ease when you stop the stretch, after doing these exercises you should feel your neck is less stiff and after a few days less painful.

# 1 Neck Flexion



Bring your chin towards your chest as far as you can.

Hold 3 seconds. Repeat 2-5 X in a row, little and often through the day.

CONTINUED OVERLEAF



1 Neck Flexion

2 Neck Extension

3 Rotation

4 Side Flexion

## 2 Neck Extension



Take your head back as far as you can.

Hold 3 seconds. Repeat 2-5 X in a row, little and often through the day.

## 3 Rotation



Turn your head to try and look over your shoulder, keeping your chin level.

Hold 3 seconds. Repeat 2-5 X in a row, little and often through the day. Repeat looking over your other shoulder.

1 Neck Flexion

2 Neck Extension

3 Rotation

**4 Side Flexion**

## 4 Side Flexion



Keep your face pointing directly forward and take your ear towards your shoulder.

Hold 10 seconds. Repeat 2-5 X in a row, little and often through the day. Repeat on the other side.