Patient Exercise Sheet:

Neck Exercises: Whiplash





1 Neck Flexion



2 Neck Extension



3 Rotation

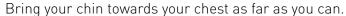


4 Side Flexion

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.

Neck Flexion





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

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











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.

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.

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















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.