

Whiplash

Intermediate Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 5/10 whilst completing this exercise programme.



1. Deep neck flexion (sitting/lying)

- With your head in neutral, gently pull your chin backwards towards your neck (not nodding your head).
- Only pull back until you start to feel stretch at the back of your neck. This may be a very small movement.
- Hold for 5 seconds and relax.
- **Hold the position for up to 5 seconds, rest for 1 minute.**
- **Repeat routine 5 times.**



2. Thoracic rotation

- Sitting in an upright chair, put your arms across your chest to touch the opposite shoulder.
- Twist to look over one shoulder as far as is comfortable and then repeat to the opposite side.
- **Perform this exercise up to 5 times (each side), rest for 1 minute.**



3. Neck rotation

- Begin sitting looking forward, turn your head as far to one side as you can within your comfortable range.
- Then as quickly as you feel comfortable to, turn to the other side as far as you can within your comfortable range.
- Try to build the speed of movement over time as you feel able.
- **Perform this exercise up to 5 times (each side), rest for 1 minute.**