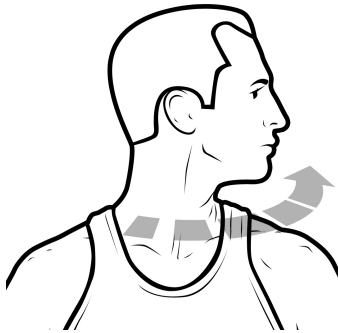


# WHIPLASH

## ADVICE & MANAGEMENT



### LEFT NECK ROTATION

Rotate your head to the left as far as you comfortably can. Ensure you do not side bend your head to the left during the movement.

SETS & REPS: 10 reps

FREQUENCY: 3 x day



### RIGHT NECK ROTATION

Rotate your head to the right as far as you comfortably can. Ensure you do not side bend your head to the right at the same time.

SETS & REPS: 10 reps

FREQUENCY: 3 x day



### LEFT NECK SIDE FLEXION

Tilt your head down to the left side as far as you comfortably can. Ensure you do not also rotate your head to the left.

SETS & REPS: 10 reps

FREQUENCY: 3 x day

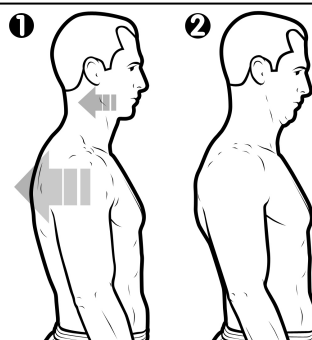


### RIGHT NECK SIDE FLEXION

Tilt your head down to the right as far as you comfortably can. Ensure you do not also rotate your head to the right.

SETS & REPS: 10 reps

FREQUENCY: 3 x day



### CHIN TUCK WITH SCAPULAR RETRACTION

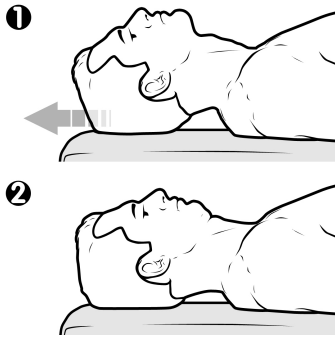
Standing or sitting, start with your head and shoulders in a relaxed position (1). Keep your eyes looking straight ahead as you tuck your chin in as far as you comfortably can while gently pulling your shoulder blades back and down (2). Hold this position then slowly relax and repeat.

SETS & REPS: 20 reps

FREQUENCY: 3 x day

# WHIPLASH

## ADVICE & MANAGEMENT

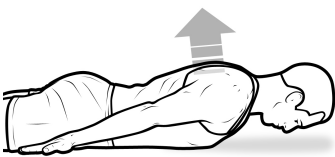


### SUPINE HEAD SLIDES

Lie on your back and slide the back of your head down towards your feet (1). From this position slide the back of your head upwards along the floor to gently flatten the back of your neck (2) ensuring the muscles on the front of your neck are not overactive. Hold this position for 10 seconds. Slowly lower your head. Repeat.

SETS & REPS: 10 reps

FREQUENCY: Daily



### LOWER TRAPEZIUS STRENGTHENING

Lie on your front with your arms by your side and palms facing down. Gently pull your shoulder blades back and down. While keeping your head in the mid-line position, slowly raise your upper body off the floor. Hold for 1-5 seconds then slowly lower and repeat.

SETS & REPS: 10 reps

FREQUENCY: Daily

# INFORMATION SHEET

## WHIPLASH

### DESCRIPTION & MANAGEMENT

Whiplash is a term used to describe an acceleration-deceleration injury to the head and neck. Whiplash injuries are common and are predominantly the result of motor vehicle accidents. Sudden extreme movements of the head and neck can cause stretching or tearing to virtually any of the structures in the neck. This can lead to: neck pain and stiffness, shoulder pain, headaches, dizziness, tingling, numbness and/or back pain. These symptoms often present shortly after injury but in some cases they can appear in the days following the injury. It is not uncommon to experience feelings of distress associated with the motor vehicle accident or the subsequent pain and injury.

The good news is that the majority of whiplash injuries recover fully within a few weeks of the injury.

There is also good evidence to show that returning to your normal daily activities as soon as possible is preferable to rest, avoiding movement or wearing a soft collar. People who remain active and try to use their neck as "normally" as possible will recover more quickly from the pain and stiffness associated with whiplash.

It is advisable to see a physiotherapist or other primary health provider soon after your injury so that you can receive the best advice and treatment for your individual circumstances.



Your osteopath will thoroughly assess your injury and provide you with assurance, advice, specific exercises and, most likely, some hands-on treatment.

When returning to your work, exercise or sport, it is helpful to maintain correct neck posture and your physio can help you with this. Gentle stretching exercises (forward, backwards, sideways and rotations) will help restore your full neck range of motion.

Your osteopath may also prescribe gentle strengthening exercises for your neck, shoulder and back muscles. Other modalities such as massage, joint mobilisations or acupuncture may also be used, depending on the individual presentation of each patient.

If you feel you are suffering from any post-traumatic stress you may want to discuss this with your physiotherapist or health provider.

#### Key points:

- Whiplash is a common injury which can lead to pain and stiffness around the neck.

- The prognosis is good, most people recover fully within a few weeks

- Returning to normal activity levels as soon as possible results in a quicker recovery

- See an osteopath or other health provider as soon as possible after your injury to get the advice and treatment that is right for you.