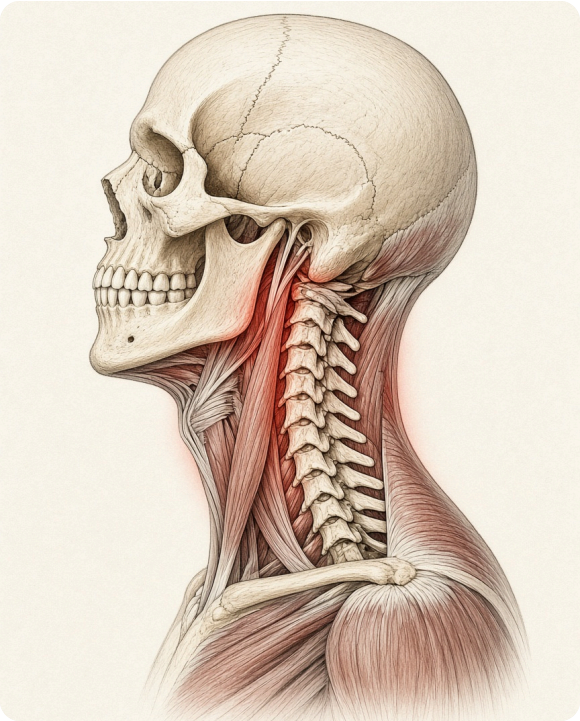
ARMIN PHYSIO



PATIENT GUIDE

Whiplash Part 1

Whiplash injury? Here's what to do during **the first 3 weeks.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is whiplash?

Whiplash happens when your head and neck are suddenly forced back and forth, commonly during a car accident, irritating or injuring the muscles, ligaments and joints of the neck. During weeks 0–3 the goal is to reduce pain, restore comfortable movement and gradually return to normal daily activities. Early, gentle movement is generally better than prolonged immobilization.

QUICK CHECK

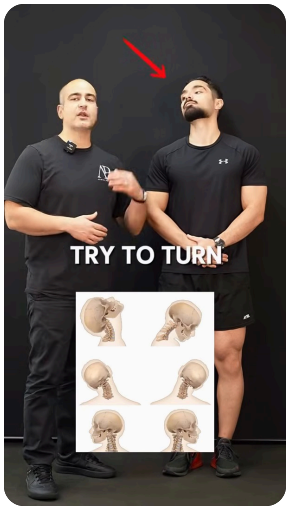
Does this sound like you?

- ☐ **Neck pain and stiffness** after a car accident or sudden jolt
- ☐ **Headaches**, especially at the base of the skull
- ☐ **Difficulty turning your head**
- ☐ Muscle **tightness and tenderness**
- ☐ Pain extending into the **shoulders or upper back**

If you ticked a few boxes and you're in the first 3 weeks, start here once serious injury has been ruled out. Try the 4 exercises on the next pages.



Neck pain and stiffness



Difficulty turning your head

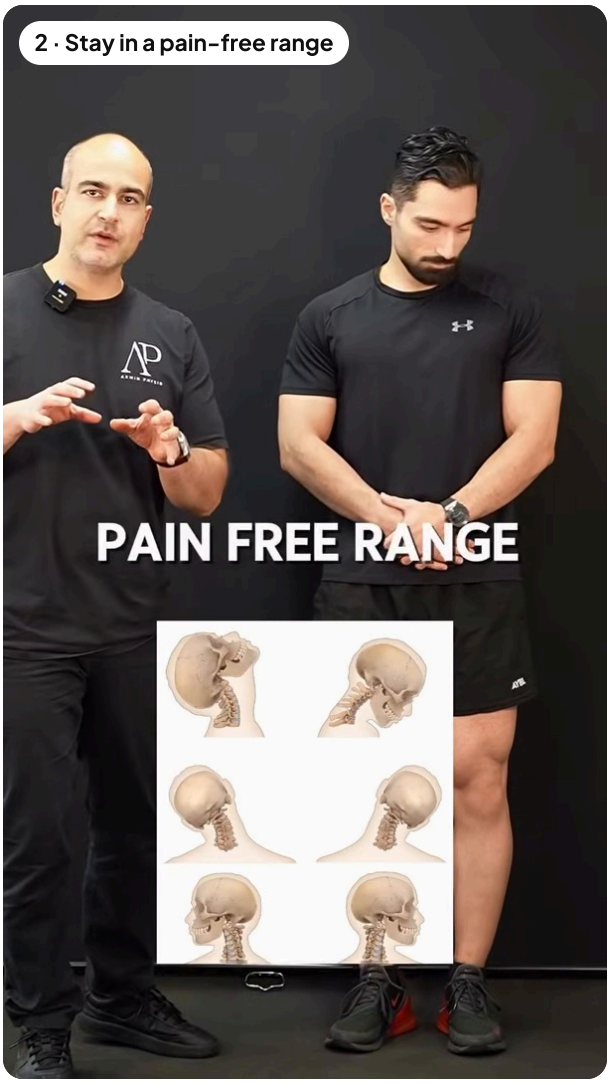
YOUR 4 EXERCISES

Try these exercises

1 Gentle neck circles

Regains general range of motion





1. First you want to **regain general range of motion**.
2. From here, try to **turn your head in a circular motion**.
3. **Stay in a pain-free range** and activate those muscles.
4. Repeat.

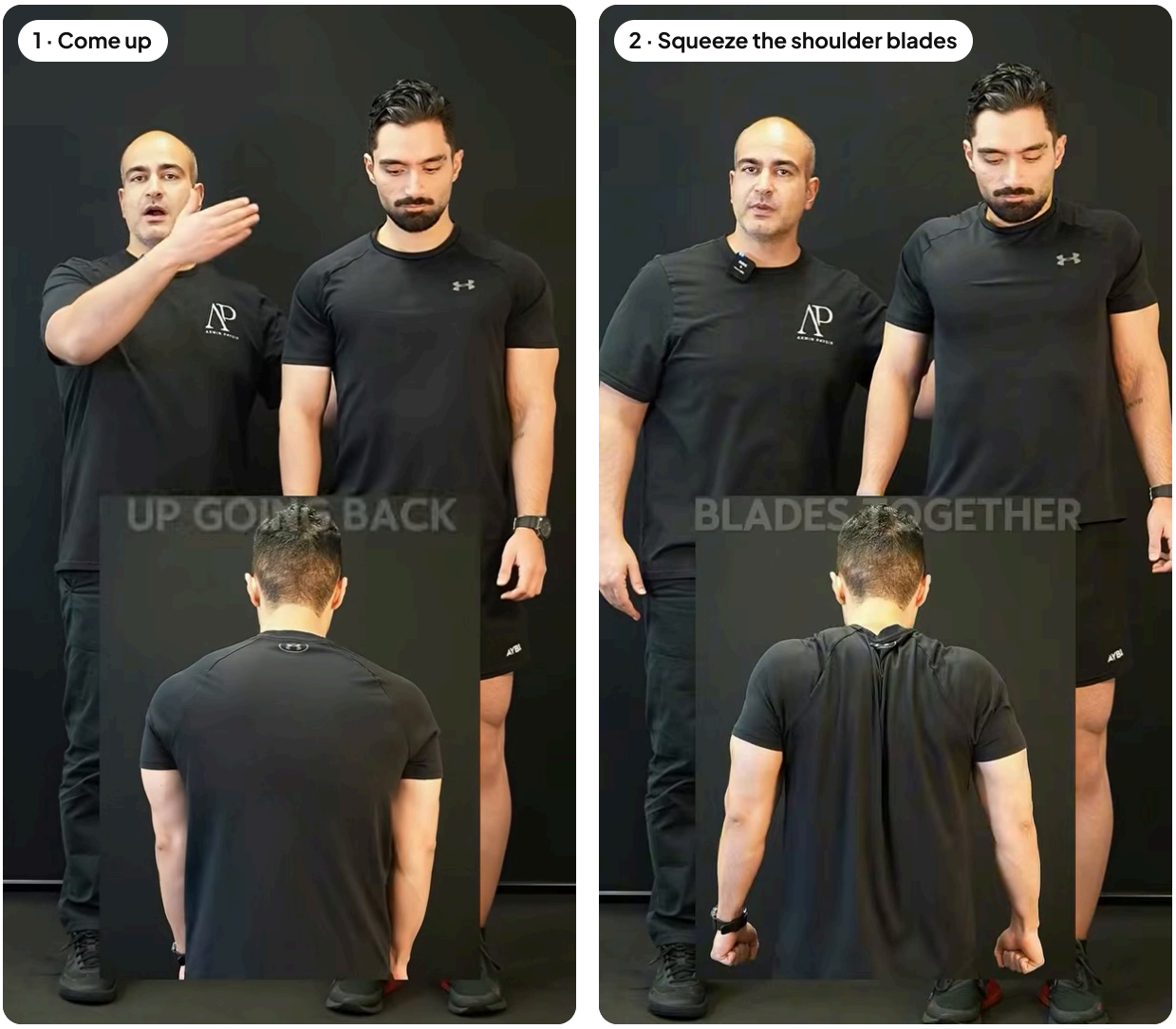
2–3 sets of 10–15 reps, as tolerated

From Armin's video description

Stop if you get pain, numbness or tingling spreading down your arm, dizziness, or pain that keeps building.

2 Shoulder rolls

Increases blood flow and circulation around the neck



1. Do some **shoulder rolls**, moving relative to the neck to increase blood flow and circulation.
2. As you **come up, going back**, squeeze the shoulder blades together.
3. **Right back down** and repeat.

2–3 sets of 10–15 reps, as tolerated

From Armin's video description

Stop if you get pain, numbness or tingling spreading down your arm, dizziness, or pain that keeps building.

3 Wall chin tuck

Gently activates the muscles around the neck





1. **Lean into the wall** with the back of your head rested against the wall.
2. From here, just **tuck your chin** and gently go to a **pain-free range**.
3. Activate some of the muscles around the neck.
4. **Go back** and repeat.

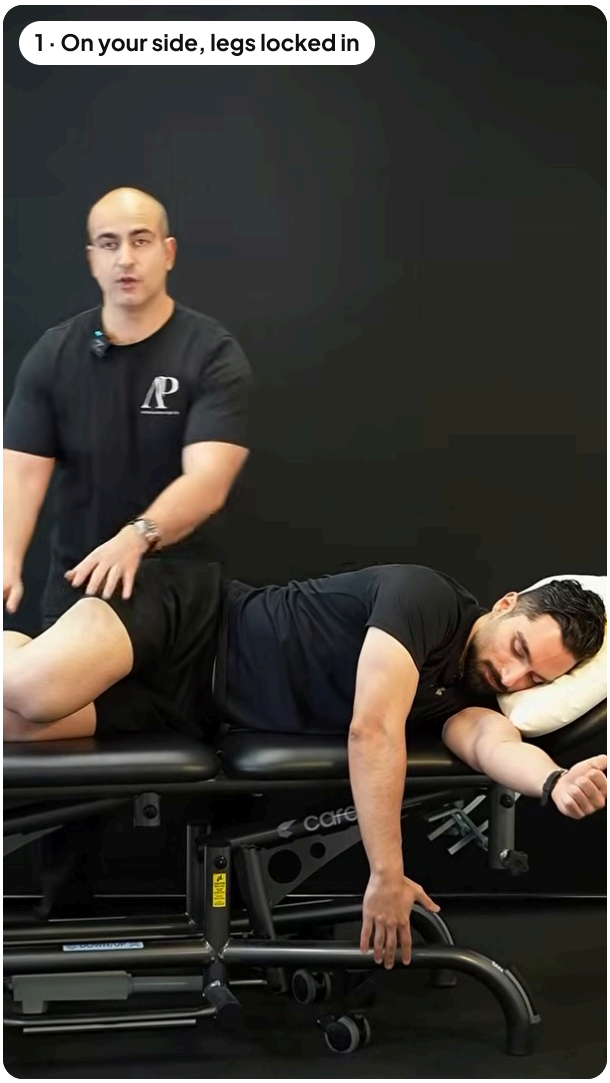
2–3 sets of 10–15 reps, as tolerated

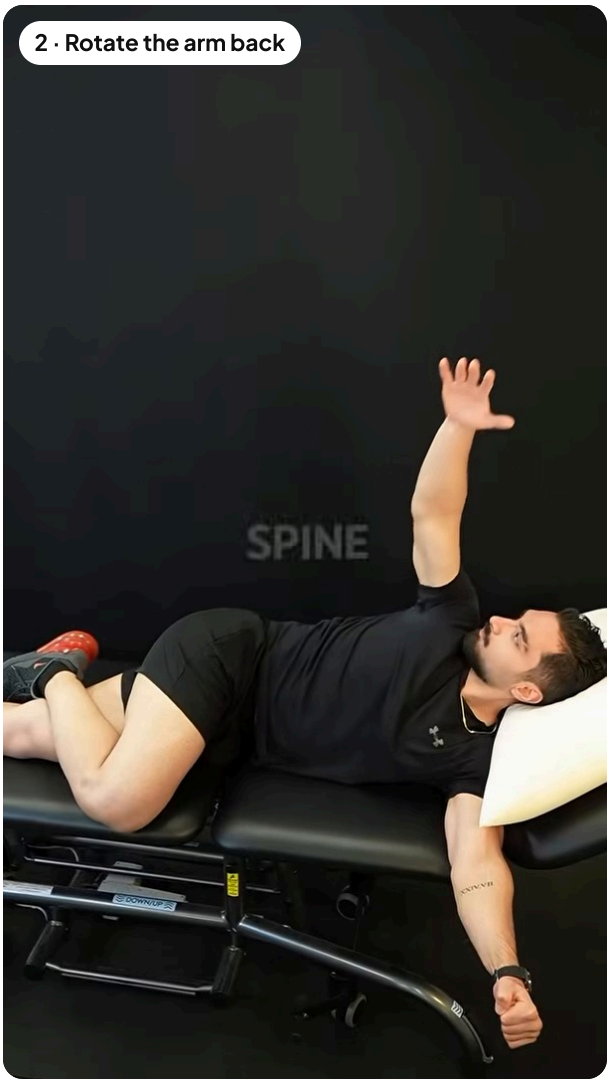
From Armin's video description

Stop if you get pain, numbness or tingling spreading down your arm, dizziness, or pain that keeps building.

4 Side-lying thoracic rotation

Rotates your mid-back





1. **Lie on your side** like so, and **lock your legs in** this position.
2. From here, **bring your arm** rotating the thoracic spine.
3. Imagine you're **driving the back of the shoulder into the bed**.
4. **Go right back out** and repeat.

2–3 sets of 10–15 reps, as tolerated

From Armin's video description

Stop if you get pain, numbness or tingling spreading down your arm, dizziness, or pain that keeps building.

DAILY ROUTINE · ABOUT 10 MINUTES

Put it together

01
Mobilize
Gentle neck circles

02
Circulate
Shoulder rolls

03
Activate
Wall chin tuck

04
Rotate
Side-lying thoracic rotation

Each exercise: 2–3 sets of 10–15 as tolerated (from Armin's description); doing it once a day is a suggestion. Move slowly and within a comfortable range. Avoid aggressive stretching or heavy resistance early on.

Stop the exercise if you notice

- Pain, numbness or tingling spreading down your arm
- Dizziness, or pain that keeps building as you go
- Pain that lingers or is worse the next day

Seek urgent care for worsening nerve symptoms or severe, unusual headaches. Ready for more? See Part 2 (weeks 3–6).

SAFETY FIRST

Get checked right away if you have

- After a significant accident, **get assessed first** to rule out serious injuries
- A **sudden, severe or unusual headache** (“the worst headache of your life”)
- **Dizziness, double vision, trouble speaking or swallowing**, drooping of the face, or fainting
- **Numbness, tingling or weakness** in your arms or hands that is **getting worse**, or in **both arms**
- **Clumsy hands, trouble walking or poor balance**, or new **bladder or bowel** changes
- A **stiff neck with a fever**, constant pain at night, or **unexplained weight loss**

Call 911 for a sudden severe headache, trouble speaking, face drooping or weakness on one side. For the others, see a doctor right away or go to the nearest emergency department. If your neck isn’t improving after a few weeks, **book an assessment**.

FREE · STAY IN THE LOOP

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My Instagram broadcast channel. Follow **@arminphysio** and tap the channel on my profile to join. More free exercise videos on YouTube **@ArminPhysio**.

Scan for @arminphysio

NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

Scan to book

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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