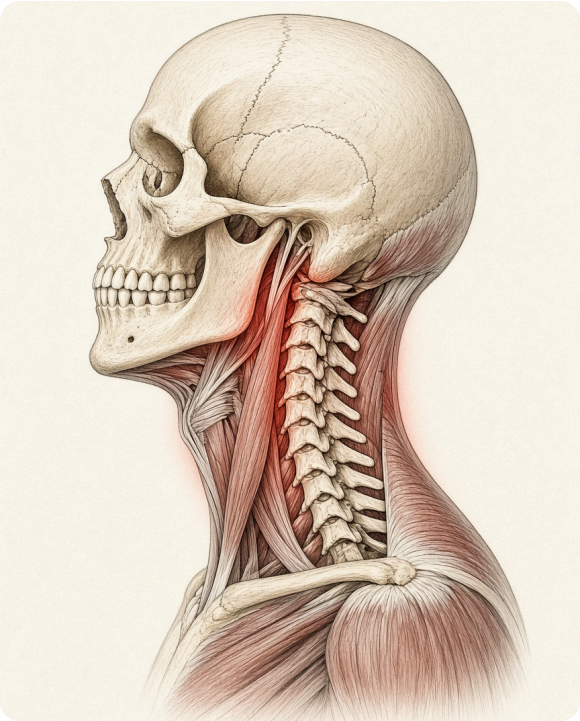
ARMIN PHYSIO



PATIENT GUIDE

Whiplash Part 2

Whiplash rehab for **weeks 3–6:** restore mobility and build strength.

Armin Ghayyur
Physiotherapist · arminphysio.com

Whiplash: weeks 3–6

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 3–6 the goal is to gradually restore neck mobility, strengthen the deep neck flexors, neck stabilizers and shoulder blade muscles, and build tolerance to everyday activities.

QUICK CHECK

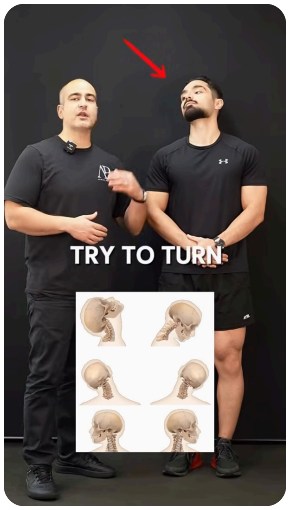
Does this sound like you?

- [ ] **Lingering neck pain** and stiffness
- [ ] Muscle **tightness and fatigue**
- [ ] Discomfort with **prolonged sitting or driving**
- [ ] **Headaches** or reduced neck mobility
- [ ] You've had whiplash for **about 3 weeks or more**

If this sounds like where you are, try the 4 exercises on the next pages. Recovery timelines vary, so go by your symptoms rather than time alone.



Neck pain and stiffness



Difficulty turning your head

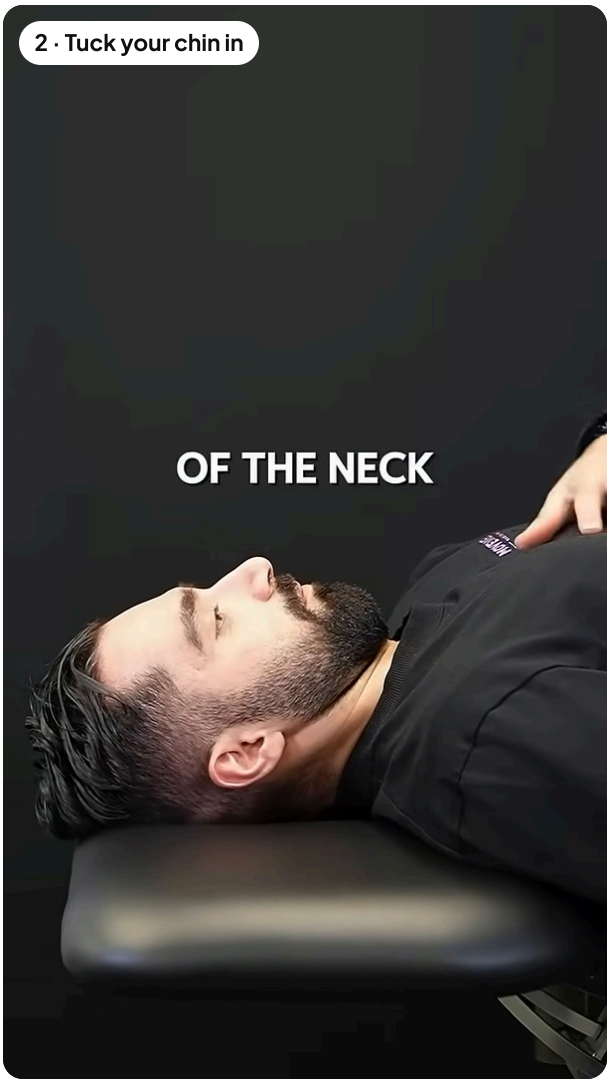
YOUR 4 EXERCISES

Try these exercises

1 Chin tuck lying down

Activates the deep muscles at the front of the neck





1. **Lie flat on your back.**
2. Place your **tongue at the roof of your mouth**. That'll activate the little muscles in the neck.
3. From here, **tuck your chin in all the way**, pressing the back of the neck into the bed.
4. **Hold it for three seconds**, relax and repeat.

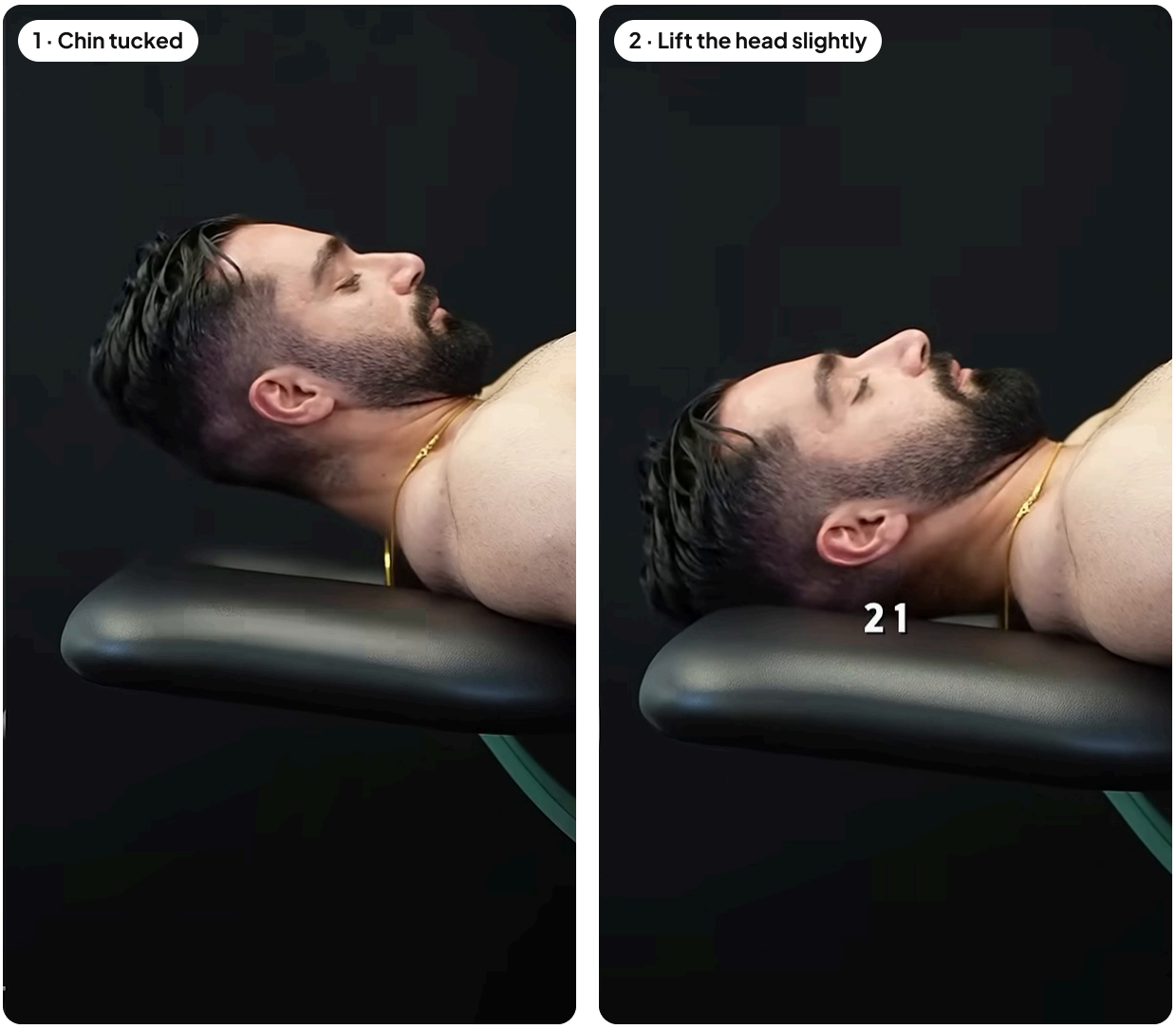
2–3 sets of 10–15 reps, as tolerated

From Armin's video description

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

2 Chin tuck head lift

Progresses the chin tuck to build more neck strength



1. **Tuck that chin in.**
2. **Just lift the head up**, bringing the chin just closer to the chest.
3. **Hold it** 3, 2, 1.
4. **Go back down slowly** 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 Chin tuck + nose-rod rotation

Works the top joints of your neck



1. In this position, **tuck the chin in**.
2. **Imagine there's a rod going right through the nose.**
3. **Only rotate around that rod**, going side to side, working the upper cervical vertebrae.

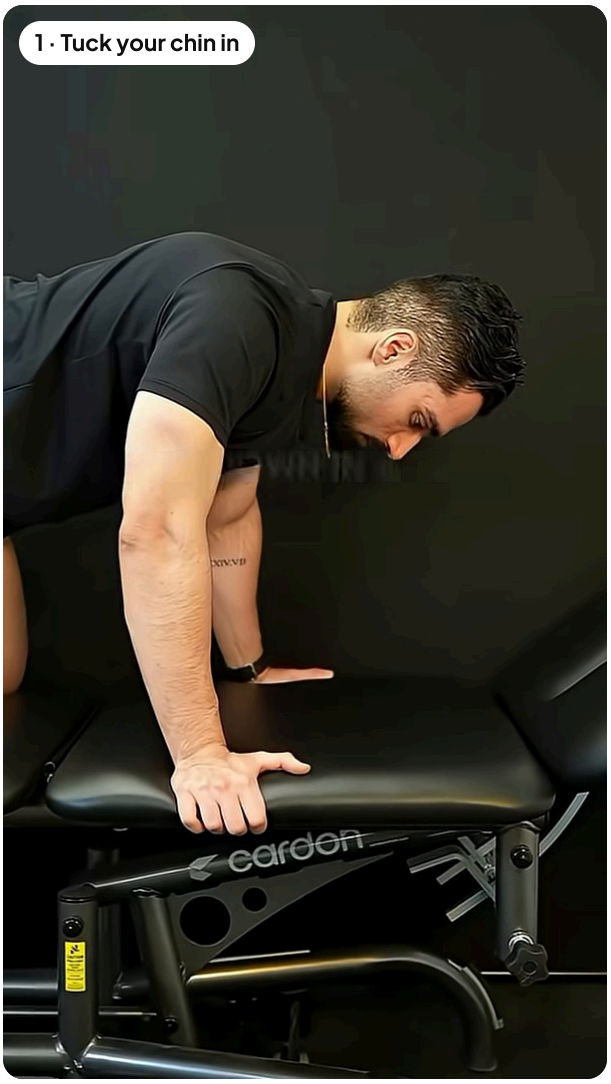
1 minute, then repeat

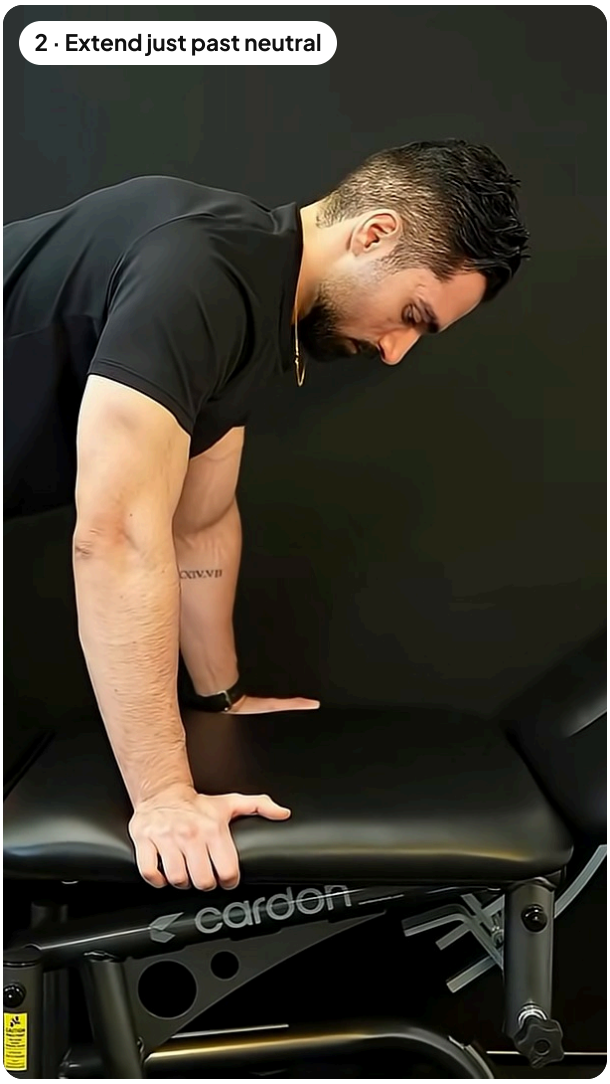
From Armin's video

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

4 Hands-and-knees neck extension

Strengthens the muscles at the back of the neck





1. Get into this position (on your hands and knees).
2. From here, **tuck your chin in**, retracting the neck.
3. From here, **extend the neck just slightly past neutral**.
4. **Go right back down** in a controlled manner. Stay in a **pain-free range** 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 10–15 MINUTES

Put it together

01
Activate
Chin tuck lying down

02
Progress
Chin tuck head lift

03
Rotate
Chin tuck + nose-rod rotation, 1 minute

04
Strengthen
Hands-and-knees neck extension

2–3 sets of 10–15 as tolerated (from Armin's description), except the 1-minute rotation (from his video); once a day is a suggestion. Gradually increase resistance without significantly worsening symptoms.

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

Avoid pushing through significant pain, and get reassessed if symptoms worsen or nerve symptoms develop. Ready for more? See Part 3 (weeks 6–12).

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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