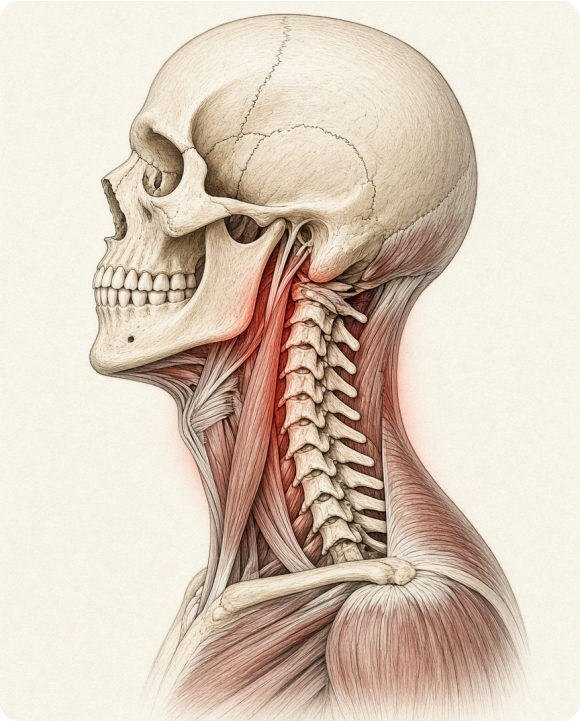
ARMIN PHYSIO



PATIENT GUIDE

Whiplash Part 3

Recovering from whiplash? **Weeks 6–12:** build strength and return to normal activities.

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Physiotherapist · arminphysio.com

Whiplash: weeks 6–12

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 6–12 the focus shifts to neck strength, endurance and stability: strengthening the deep neck flexors, neck extensors and shoulder blade stabilizers while improving your tolerance for lifting, exercise and sport.

QUICK CHECK

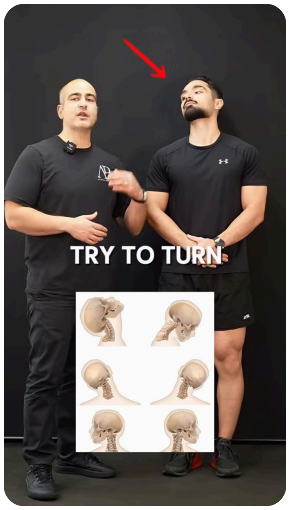
Does this sound like you?

- [ ] Mild neck **stiffness or discomfort**
- [ ] Muscle **fatigue with prolonged activities**
- [ ] Reduced neck **strength and endurance**
- [ ] Discomfort with **heavier lifting or exercise**
- [ ] You've had whiplash for **about 6 weeks or more**

If this sounds like where you are, try the 4 exercises on the next pages. Progress based on your symptoms and abilities rather than time alone.



Neck pain and stiffness



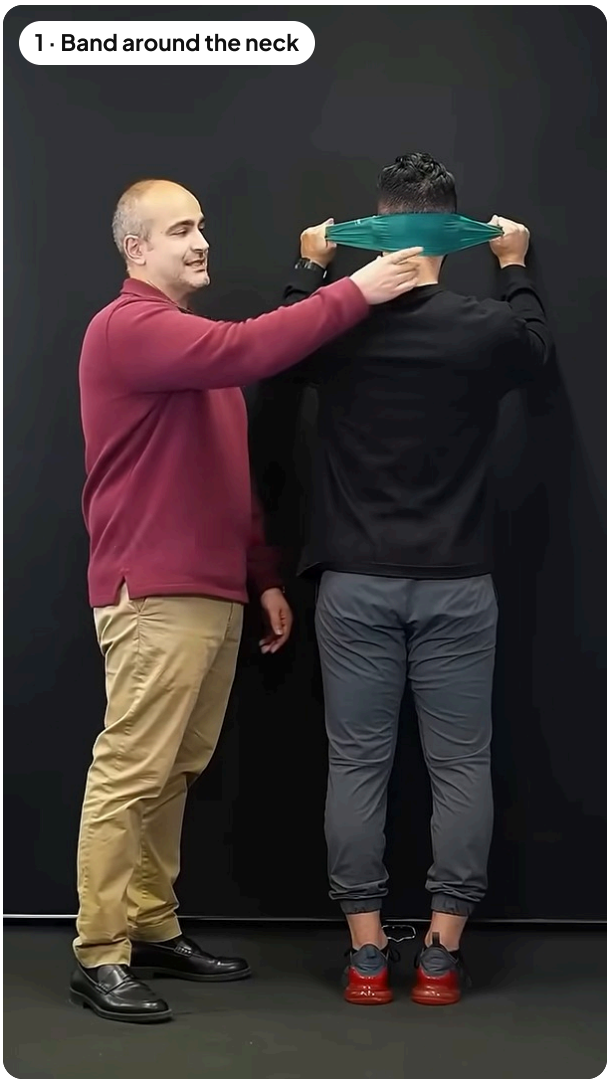
Difficulty turning your head

YOUR 4 EXERCISES

Try these exercises

1 Band neck retraction

Strengthens the neck while you keep it stable





1. **Loop a band around the neck.** Stabilize the neck and the mid-back.
2. From here, **push against the arms**, coming right back.
3. **Stabilize the neck** throughout the process.
4. **Hold it** 3, 2, 1, go right back and repeat.

3 sets of 10–15 reps, as tolerated

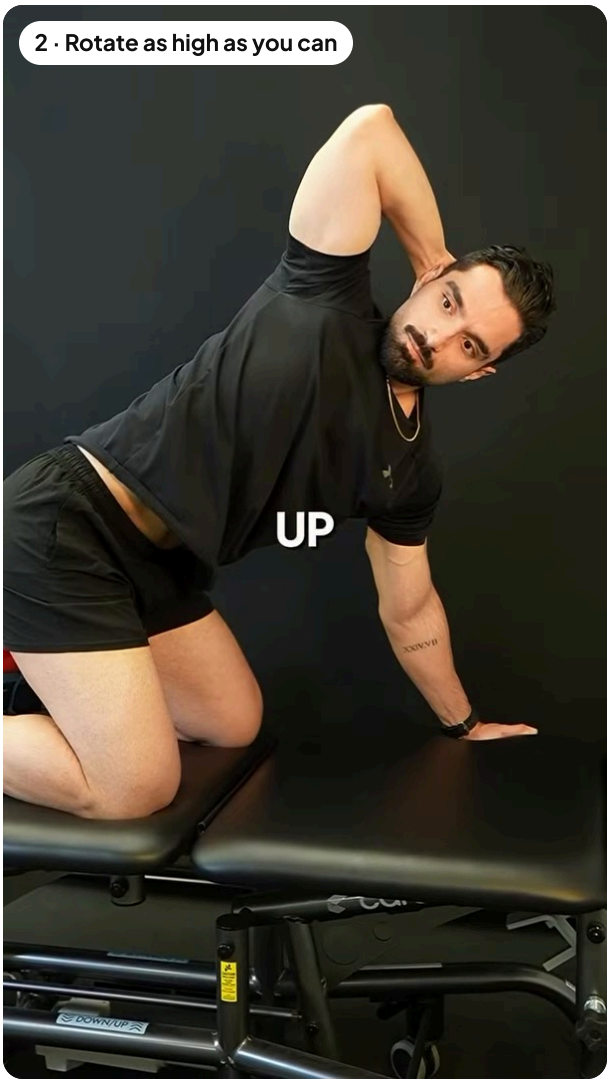
From Armin's video description

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

2 Hands-and-knees thoracic rotation

Improves your mid-back (thoracic) mobility





1. Next, you want to **improve your thoracic mobility**.
2. From here, **place your hand on top of the head**.
3. **Rotate the thoracic spine**, coming right up. Try to come **as high as you can**.
4. **Go back down**, working on that rotation, and repeat.

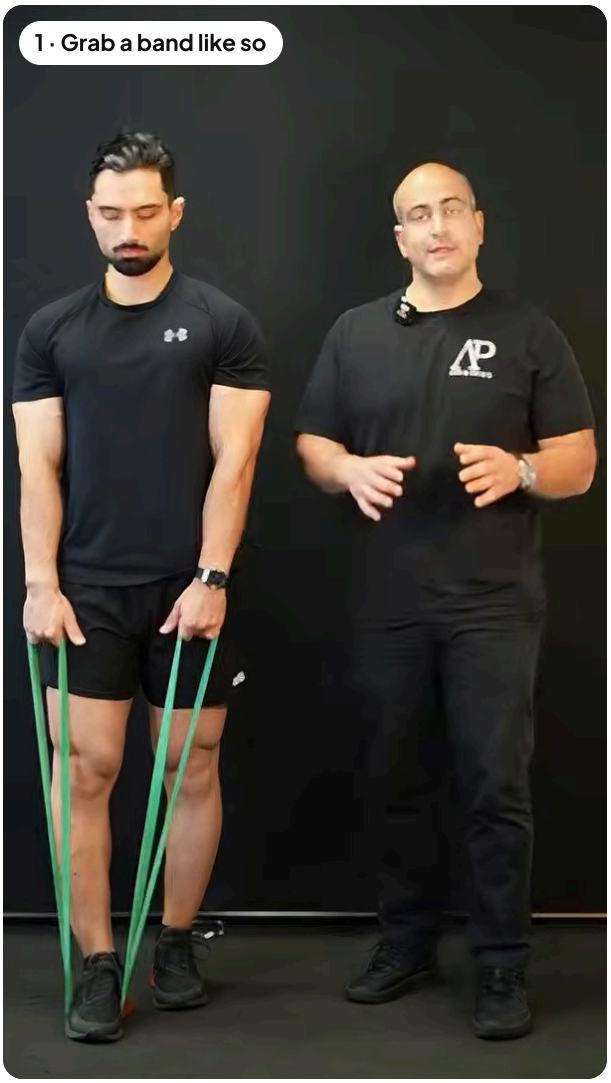
3 sets of 10–15 reps, as tolerated

From Armin's video description

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

3 Band shoulder rolls

Works the muscles around the neck





1. **Grab a band** like so (standing on it).
2. From here, work the shoulders: **going up, back and down**, working the muscles around the neck.
3. If this is too light for you, **hold on to some weight** and repeat.

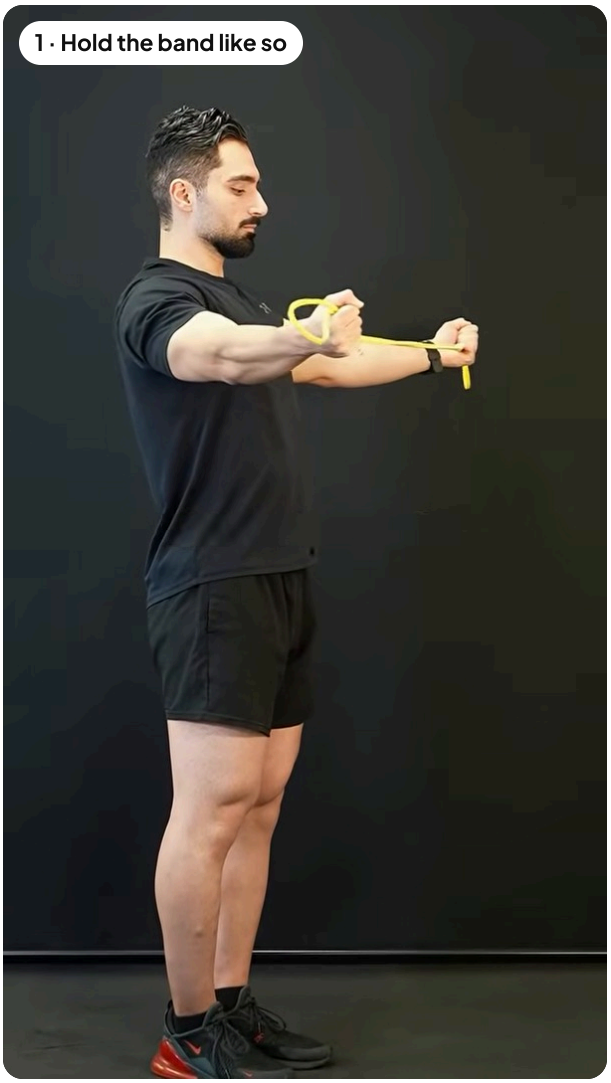
3 sets of 10–15 reps, as tolerated

From Armin's video description

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

4 Band pull-apart

Works the upper back and postural muscles





1. **Hold on to the band** like so.
2. **Pull that band right apart**, squeezing the shoulder blades together.
3. **Hold it** 3, 2, 1.
4. **Go back in nice and slow.** Control the movement and repeat.

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 15 MINUTES

Put it together

01
Stabilize
Band neck retraction

02
Rotate
Hands-and-knees thoracic rotation

03
Strengthen
Band shoulder rolls

04
Posture
Band pull-apart

Each exercise: 3 sets of 10–15 as tolerated (from Armin's description); doing it once a day is a suggestion. Move slowly and with control, and gradually increase resistance and activity levels.

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 or worsening nerve symptoms. Building strength, endurance and confidence is key to a successful recovery.

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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