



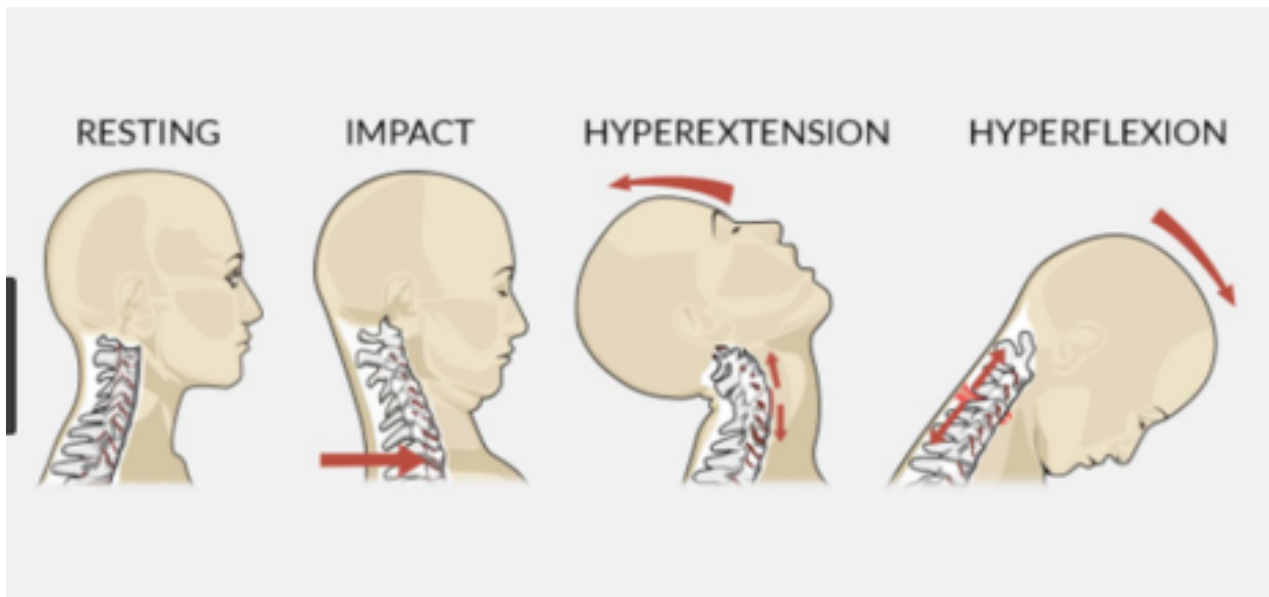
## Whiplash

“Whiplash” is a term used to describe neck pain following an injury to the soft tissues of your neck (such as ligaments, tendons and muscles). It is usually caused by a sudden motion or force that causes the neck to move back and forth beyond its normal range of motion. The most common cause of whiplash is a car accident. It can also be caused by sporting accidental falls.

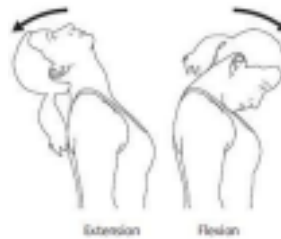
### **What are the symptoms?**

Symptoms of whiplash can occur the same day as the accident, the next morning, and sometimes after a few days. Symptoms vary from person to person to person and may include:

- Headaches
- Neck pain and stiffness
- Pain in your upper back, shoulders, and arms
- Difficulty turning your head
- Weakness, numbness or tingling in your arms
- Drowsiness and/or dizziness
- Soreness across the chest (from the seatbelt or airbag)



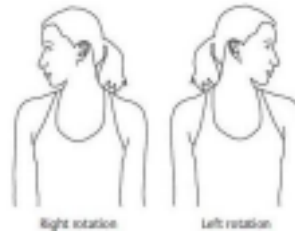
**FLEXION / EXTENSION** : Bring your chin toward your chest; hold. return to upright, then bring your head back; hold. hold the back of your neck with your hands if you need more support.



**SIDEBENDING** : Bend your ear toward your right shoulder while looking straight ahead; hold, then alternate.



**ROTATION**: Turn to look over your right shoulder; hold, then switch sides. Add gentle hand pressure at the chin as tolerated for more stretch.



**SCALENES**: Sit with your right hand holding the edge of the chair. Place your left hand over your right collarbone to stabilize. Pull chin back, tip ear forward left shoulder, turn to look over left shoulder and hold. Repeat on the right side.



**Upper Trapezius** : Sit with your right hand holding the edge of the chair. Move your chin towards chest, tilt your left ear toward your left shoulder, turn right to look up toward the ceiling. Left hand can be used for overpressure DON'T PULL. Repeat on the other side.



**Levator Scapulae** :Sit with your right hand holding the edge of the chair. Tip chin towards chest, tip ear toward your left shoulder and nose toward your left armpit. Left hand can be used for gentle overpressure- DON'T PULL. Alternate.  
For a deeper stretch: Lift right arm up and place hand behind the neck. Avoid shrugging. Tilt ear toward left shoulder, turn head to left and bend chin down. Alternate.



**Pectoral Stretches:** Stand in a doorway with a split stance and out both hands at shoulder height, and lean forward, you should feel a stretch across the chest. Hold this stretch for 10 seconds. Next, put your elbows at shoulder height and repeat the stretch for 10 seconds. Lastly put your elbows at head level and repeat the above stretch. If you cannot reach the door-jam, do one arm at a time or use a corner.

