

SHEET 9 Tips for neck and shoulder pain

Post whiplash

- If you have a whiplash injury it is important to keep your neck moving. Research has shown that collars that immobilise the neck are counterproductive. If your injury is recent, the good news is that most cases of whiplash make a full recovery within a few weeks.
- Aim to keep your neck moving as normally as possible. The key here is to listen to your body. You need the happy balance between 'pushing through' pain and making things worse and avoiding movement altogether. Be gentle with yourself but aim to gradually increase neck movements.
- Make sure you are not avoiding moving the neck by compensating with other body parts. For example, moving the trunk to see behind you.

Simple mobilisation exercises

- Do these simple exercises several times a day.
- Aim to gradually increase the range of motion each time.
- You are not causing further damage to your body with movement; gentle and progressive movement is a natural part of healing from injury.

Saying yes

- Nod your head up and down.
- Tune into your body and take the movement at a speed that feels OK for you.

Saying no

- Now turn your head from side to side as if saying no.