

# Exercises for Whiplash-Associated Disorder

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Sidelying Thoracic Rotation  
with Open Book

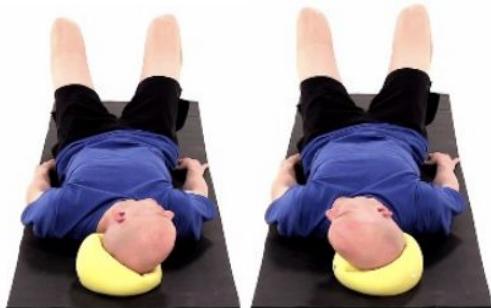


**Setup:** Begin lying on your side with your legs bent at a 75 degree angle and your arms together straight in front of you on the ground.

**Movement:** Slide your top hand back and forth over your bottom hand 5 times, rotating your shoulders. Then, lift your top arm straight up and over to the floor on your other side.

**Tip:** Make sure to keep your knees together and only rotate your back and upper arm. Your hips should stay facing forward.

Supine Cervical Rotation  
AROM on Flat Ball



**Setup:** Begin lying on your back with your knees bent and your head supported by a flat ball.

**Movement:** Slowly turn your head to one side, then return to the starting position and turn your head to the other side and repeat.

**Tip:** Make sure to keep your neck relaxed and move slowly.

Cervical Spine  
Extension AAROM



**Setup:** Begin sitting upright or standing with your fingers placed over the area you are going to mobilize.

**Movement:** Bend your neck backward over your fingers while applying light pressure with your hands. Pause briefly, then return to the starting position. Repeat.

**Tip:** Make sure you do not feel pain throughout the exercise.

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Standing Isometric Cervical Flexion with Chin Tucks and Ball at Wall



**Setup:** Begin standing upright with a ball between your forehead and a wall.

**Movement:** Gently press your forehead into the ball, then tuck your chin toward your neck. Hold briefly, then relax and repeat, keeping your head pushed forward.

**Tip:** Make sure to maintain an upright posture during the exercise.

Isometric Cervical Sidebending at Wall with Ball



**Setup:** Begin in a standing upright position with the side of your head resting on a small ball against a wall.

**Movement:** Gently try to bend your head sideways into the ball and hold.

**Tip:** Make sure to keep your back straight during the exercise.

Supine Chin Tuck



**Setup:** Begin lying on your back with your neck relaxed.

**Movement:** Gently tuck your chin directly backward as if you are making a double chin. Hold, then relax and repeat.

**Tip:** Make sure not to lift your head from the ground.

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## Prone Cervical Retraction



**Setup:** Begin lying face down with your forehead resting on a folded towel and your arms at your side.

**Movement:** Tuck your chin and lift your head slightly off the towel. Hold briefly then relax back to the starting position and repeat.

**Tip:** Make sure to keep your chin tucked and your back relaxed during the exercise. Keep your neck straight and do not let it bend upward.

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## Prone Scapular Slide with Shoulder Extension



**Setup:** Begin lying on your front with your forehead resting on a towel roll. Your arms should be positioned at your sides with your palms facing down.

**Movement:** Gently squeeze your shoulder blades together, then slowly lift your arms so they are parallel to your body. Hold briefly, then lower your arms back down and repeat.

**Tip:** Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

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## Prone Shoulder Horizontal Abduction with Thumbs Up



**Setup:** Begin lying on your front with your arms straight out to your sides, thumbs pointing up.

**Movement:** Raise your arms off the ground as far as is comfortable, then lower them back to the ground, and repeat. Think of squeezing your shoulder blades together as you lift your arms.

**Tip:** Do not arch your back as you lift your arms.

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## Prone Shoulder Flexion

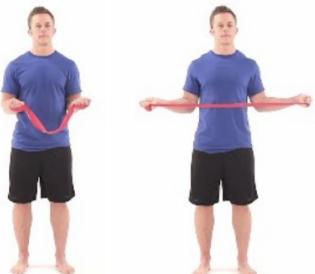


**Setup:** Begin lying face down on a table with your arm hanging over the edge.

**Movement:** Keeping your elbow straight and your thumb pointing forward, raise your arm straight upward until it is in line with your body.

**Tip:** Do not let your back arch as you raise your arm and try not to shrug your shoulder.

## Shoulder External Rotation and Scapular Retraction with Resistance



**Setup:** Begin in an upright standing position with your arms by your sides, holding a resistance band in both hands. Bend your elbows to approximately 90 degrees with your palms up.

**Movement:** Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position.

**Tip:** Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

## Shoulder Flexion Wall Slide with Resistance Band



**Setup:** Begin in an upright standing position facing a wall. Place a looped resistance band around your hands with your palms facing inwards with your elbows bent to 90 degrees, then place your forearms against the wall.

**Movement:** Slide your arms up the wall as far as is comfortable while applying gentle pressure. Keep your hands as wide as your elbows. Lower your hands back to the starting position and repeat.

**Tip:** Make sure to keep your back straight and core muscles engaged. Only move your arms as far as you can without causing pain.

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Sidelying Propped on Elbow Neck Sidebending



**Setup:** Begin lying on your side, propped up on your forearm with your neck inline with your spine.

**Movement:** Bend your head sideways so that your ear moves toward your top shoulder. Slowly return to the starting position and repeat.

**Tip:** Make sure to keep shoulder pressed out to the side. Do not sink into your shoulder or shrug your shoulder during the exercise.

Supine Deep Neck Flexor Training - Repetitions



**Setup:** Begin lying on your back with your legs bent and feet resting flat on the floor.

**Movement:** Gently tuck your chin, then lift your head roughly 2 finger widths from the floor. Hold this position, then relax and repeat.

**Tip:** Make sure to keep your shoulders relaxed and maintain the chin tuck during the exercise.

Prone Cervical Retraction and Extension From Hands



**Setup:** To begin, lie face down on a comfortable surface, with your forehead resting on your hands.

**Movement:** Tuck your chin slightly, and lift your head slightly off of your forearms. Maintaining a chin tuck, slowly tilt your head up to look forward. Reversing this motion, lower your head to look downward again. Return to the starting position and repeat.

**Tip:** Make sure to keep your chin tucked and your back relaxed during the exercise.

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Quadruped Cervical Retraction



**Setup:** Begin on all fours.

**Movement:** Gently tuck your chin directly backward, making a double chin. Hold briefly, then relax and repeat.

**Tip:** Make sure to keep your eyes looking straight down between your hands.

Quadruped One-Sided Neck Rotation



**Setup:** Begin on all fours, looking down at the floor.

**Movement:** Turn your head to the side, then slowly return to the starting position, and repeat.

**Tip:** Make sure to keep the motion smooth and slow and your neck in line with your back. Do not let your neck bend forward, backward, or sideways as you rotate.

Quadruped Alternating Arm Lift



**Setup:** Begin on all fours with your arms under your shoulders and knees under your hips.

**Movement:** Raise one arm forward with your thumb pointing toward the ceiling. Hold briefly, then lower it back to the starting position and repeat with your opposite arm.

**Tip:** Make sure to keep your back straight and maintain a gentle chin tuck during the exercise. Do not let your trunk rotate while moving your arm.

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Prone Neck Extension at Table Edge with Weight



**Setup:** Begin lying on your stomach with a weight wrapped around your forehead and your head and the tops of your shoulders off the edge of a table. Allow your chin to nod down toward your chest.

**Movement:** Slowly lift your head up, then slowly return to the starting position, and repeat.

**Tip:** Make sure to only move your neck and keep your shoulders and mid back still.

Bent Over Single Arm Shoulder Row with Dumbbell



**Setup:** Begin kneeling over a chair with one foot on the ground, holding a dumbbell in your hand.

**Movement:** Pull your arm upward, bending your elbow by your side, then lower your arm back down and repeat.

**Tip:** Make sure to keep your back straight, and maintain a gentle chin tuck during the exercise. Think of squeezing your shoulder blades together as you pull your arm upward.

Inverted Row with TRX®



**Setup:** Begin in a standing upright position, holding a TRX® handle in each hand. Lean back into a reclined position and slowly walk your feet forward as far as you are able to control.

**Movement:** Bend your elbows, pulling your trunk up toward your hands, then slowly lower back down, and repeat.

**Tip:** Make sure to keep your elbows close to your sides and your abdominals engaged. Try to keep your body in a straight line during the exercise.

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Shoulder Overhead Press in Flexion with Dumbbells



**Setup:** Begin in a standing upright position holding a dumbbell in each hand, with your elbows bent and hands by your shoulders, palms facing inward.

**Movement:** Press your hands straight overhead. Then slowly lower them back down and repeat.

**Tip:** Make sure not to shrug your shoulders or let your elbows move out to the side during the exercise.

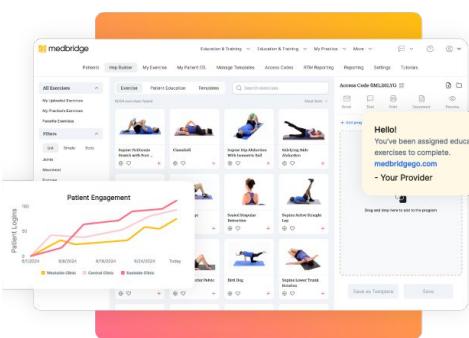
Face Pulls



**Setup:** Stand with feet slightly wider than hip-width, arms forward holding a resistance band anchored at shoulder height. Keep slight tension in the band.

**Movement:** Pull hands back toward your ears, squeezing your shoulder blades together as you rotate arms so hands finish above shoulders. Return by rotating shoulders forward until forearms are parallel to the ground, then slowly extend arms forward, allowing shoulder blades to move with them. Repeat.

**Tip:** Initiate with the shoulder blades. Avoid shrugging shoulders toward ears.



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