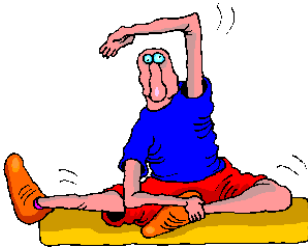


Whiplash Recovery Best Management



The new approach to treatment for whiplash is to **KEEP MOVING and this will help you to get better faster**. Even when your neck is sore, it is safe to move and exercise it. Examples of activities you can do include:

- ◆ Simple neck exercises
- ◆ Any form of aerobic exercise
- ◆ Keep fit
- ◆ Yoga
- ◆ Walking
- ◆ Most daily activities and hobbies



The old fashioned management of rest and wearing a soft collar until the pain has gone is now known to be the worst thing that you can do if you have a whiplash injury. Whilst a collar is sometimes given for immediate support and relief, research shows that resting your neck in a collar probably won't help and may delay your recovery.

The most important things to do are:

- ◆ **Keep your neck moving as normally as possible and go about your normal daily activities if you can.**
- ◆ **Take painkillers that you buy in a pharmacy to help with the pain. These are most often effective if you take them regularly, every 4 to 6 hours. Ask the pharmacist for advice if you are not sure what to take.**

