

WHIPLASH

RECOVERY ROUTINE

Gentle neck exercises for early-stage whiplash recovery and chronic tension relief

If you're in the early stages of whiplash recovery, the most important thing you can do is move gently and consistently. This simple daily routine helps activate deep neck muscles, reduce stiffness, support better posture and slowly strengthen your neck. All without overwhelming your nervous system.

(Need help? Click any exercise title for a video guide.)

Beginner Whiplash Recovery Routine (10–12 minutes)

Do this daily or 4–6x/week. Best performed in the morning or mid-day.

1. Diaphragmatic Breathing with Shoulder Drop

Calms your nervous system and encourages neck and shoulder release

→ 5 slow, deep breaths

→ Exhale fully and let the shoulders drop naturally

2. Chin Tucks (Lying Down)

Activates deep neck stabilizers and corrects forward head posture

→ 10 reps, hold 5 seconds each

→ Keep your head on the floor, tuck the chin without lifting

3. Neck Isometric Presses (Front, Back, Left, Right)

Re-engages neck muscles safely without dynamic motion

→ Press gently into your hand for 5–8 seconds per direction

→ Repeat 2 rounds

4. Wall Angels

Improves upper body posture and shoulder mobility

- 10 slow reps, arms sliding against the wall
- Keep back and head flat against the wall

5. Cat-Cow Stretch (Spinal Mobility)

Increases blood flow and relieves spinal tension

- 6–8 slow rounds
- Match your breath: inhale to arch, exhale to round

6. Band Pull-Aparts (Light Band)

Strengthens the upper back and reduces slouched posture

- 2 sets of 10–12
- Keep shoulders relaxed and squeeze shoulder blades together

7. Wall Chest Stretch

Releases tight pecs and improves alignment

- 20–30 seconds each side

Tip: Link this routine to a daily habit like brushing your teeth or making coffee.
Your neck will thank you for the consistency.

Tracker

Day	1	2	3	4	5	6	7
Week 1							
Week 2							
Week 3							
Week 4							