



## Personal exercise program

### Whiplash Neck Stretches

New Forest Physiotherapy Southampton  
40 Kingfisher Way, Marchwood, Southampton SO40 4XS  
www.newforestphysio.co.uk, T: 023 8008 9120

Provided by Chartered Physiotherapist Adam Smith-Connor  
Provided for  
Training start date 4/12/2026

---



©Physiotools

Sitting with your hands clasped behind your head.

Bend your head forward until you feel a stretch behind your neck. Gently pull your head further forward. Hold approx. 10 secs.

Repeat 3 times.

---



©Physiotools

Sitting.

Turn your head to one side until you feel a stretch. Using your hand gently push your head further round. Hold approx. 10 secs. Repeat to other side.

Repeat 3 times.

---



©Physiotools

Sitting.

Place one hand behind your back. Tilt your head toward the other shoulder until you feel the stretch on the opposite side. Using your hand gently pull your head further to the side. Hold approx. 10 secs. Repeat to other side.

Repeat 3 times.

---



©Physiotools

Sitting straight-backed.

Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck.

Repeat 10 times.

---



## Personal exercise program

### Whiplash Neck Stretches

New Forest Physiotherapy Southampton  
40 Kingfisher Way, Marchwood, Southampton SO40 4XS  
www.newforestphysio.co.uk, T: 023 8008 9120

Provided by Chartered Physiotherapist Adam Smith-Connor  
Provided for  
Training start date 4/12/2026

---



Shrug your shoulders up towards your ears and roll them around. Relax.

Repeat 10 times.

©Physiotools

---

### Groove Pillow



Sleeping position is important. To ease neck pain maintain good spine alignment when sleeping in bed by using a Groove pillow.

Visit [www.groovepillows.co.uk](http://www.groovepillows.co.uk) for more details.

Use code P-FPS for free delivery.

©Physiotools

---