

Whiplash Recovery

Resuming Activity

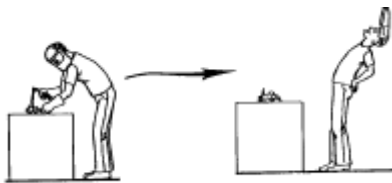
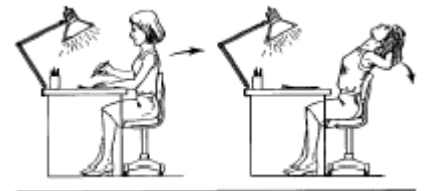
Telephone
01284 748200

To get better faster you should try to go about your normal daily activities and if you work you should return to work as soon as possible.

It often helps to discuss the problem with your manager or supervisor if parts of your job are uncomfortable to do. Offer suggestions to overcome these problems for a few days. You should be able to manage most normal activities quite quickly, usually within a couple of weeks. If not you **MUST** call the helpline and request additional help to ensure that you become fully active again.

Tips that will help you both at home and at work are:

Sit in a neutral posture. Stand up and walk around for 5 minutes in every hour and **STRETCH** every 20 minutes. If you work at a computer make sure that you are in a neutral posture with your mouse close to you.



For jobs that require bending and stooping, stretch backwards to ease the strain every 20 minutes.

For lifting and handling tasks always do a risk assessment and use the **POWER** position. Keep loads that you are lifting and carrying close to your body. If you can, use a trolley rather than carrying for long distances.



Try to adopt a neutral posture to do tasks such as kneeling to fill the washing machine rather than stooping as this will help to keep your whole spine healthy.

It's a good idea to remember good posture for recreational activities too.

