CORDIMA CHIROPRACTIC CENTER

Gentle Movement After an Accident

8 practical reminders for safer, more comfortable recovery

MOVE COMFORTABLY • LISTEN TO YOUR BODY

1 Get medical clearance first

After a collision, get medical advice before exercising if you have pain, dizziness, a head injury, or other symptoms. Do not exercise through warning signs.

2 Start with easy walking

When a clinician says activity is safe, try short, comfortable walks. Start slowly and stop if symptoms increase.

3 Change positions often

If sitting feels uncomfortable, take brief standing or walking breaks. Avoid staying in one position for long periods.

4 Move gently, not forcefully

Use comfortable, natural movement. Avoid aggressive stretching, neck twisting, or pushing into pain.

5 Support your neck and back

Use a comfortable sitting posture and change positions regularly. No single posture needs to be held perfectly all day.

6 Build back gradually

Return to normal activity step by step as tolerated and as advised by your clinician. More is not always better.

7 Notice your symptoms

Pay attention to increasing pain, headaches, tingling, weakness, or dizziness. Report new or worsening symptoms to a healthcare professional.

8 Know when to get urgent help

Seek emergency care for severe headache, confusion, fainting, new weakness, chest pain, trouble breathing, or other serious symptoms.

Questions about lingering neck, back, or joint discomfort?

Dr. Cordima's office • 617-629-2600

Educational information only, not a personal exercise prescription. Get individualized medical advice after an injury. Emergency symptoms require urgent medical evaluation.