



A Phased Care Plan for Acute Cervical Pain & Whiplash Injury

Whiplash is a sudden acceleration-deceleration strain of the neck — most often after a motor-vehicle collision. Soft tissue, facet joints, and discs can all be involved. Early staged care calms irritation, restores safe motion, then rebuilds the deep neck and shoulder girdle.

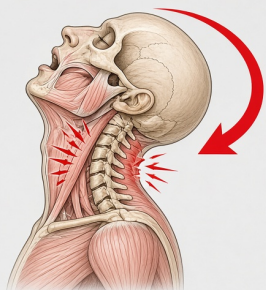
Whiplash · Neck pain · Headache · Stiffness

Same-week evaluations · Hands-on + device care

THE CONDITION — WHIPLASH / CERVICAL SPRAIN

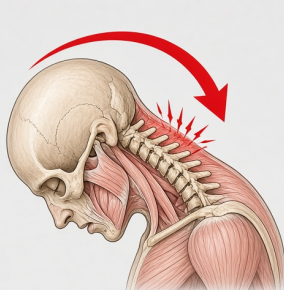
Whiplash: Hyperextension and Hyperflexion

HYPEREXTENSION



Anterior muscles and anterior longitudinal ligament.

HYPERFLEXION



Interspinous ligament and facet region

After impact the neck is forced through two extremes. That is what sprains the ligaments, facet capsules, and discs.

- Hyperextension: the head is thrown far back. The front of the neck, anterior muscles, and anterior longitudinal ligament take the stretch.
- Hyperflexion: the head is then thrown forward. Interspinous ligaments and facet capsules can tear; the disc can bulge.
- Symptoms may start 24–72 hours later: neck pain, stiffness, headache, or arm symptoms.
- Most Grade I–II injuries improve with active care — not prolonged rest or a soft collar.

YOUR CARE PATHWAY



WHY PATIENTS CHOOSE THIS CLINIC

CLEAR EXAM

Range of motion, nerve tests, and orthopedic findings at every phase.

PHASED PLAN

Goals match healing: protect, restore motion, then load and strengthen.

ONE DOCTOR

Dr. Yeung adjusts, needles, and directs rehab himself — not a rotating tech line.

FULL TOOLKIT

Adjustment, dry needling, Class IV laser, TECAR, traction, and exercise — one roof.



PHASED CARE MATCHED TO TISSUE HEALING

Care is advanced only when inflammatory signs settle and the patient can tolerate load. Timelines overlap and are individualized.

1 ACUTE / PROTECT Days 0 - 21

Calm muscle guarding and facet irritation. Protect the neck and start gentle motion. No aggressive rotation.

MODALITIES

Class IV laser · TECAR 448 kHz · medical / jade massage · gentle mobilization · posture support · activity modification

2 REPAIR / MOBILITY Weeks 3 - 8

Restore rotation and extension, unload irritated segments, begin deep-neck endurance.

MODALITIES

Seated automatic cervical traction · Deep Wave · dry needling · Class IV laser & TECAR

3 REMODEL / STRENGTH Weeks 6 - 16

Rebuild deep neck flexors, scapular stability, and proprioception for driving and desk work.

MODALITIES

Deep-neck and scapular exercise · vibration as tolerated · driving rehearsal · residual dry needling / massage

4 RETURN / PREVENT Weeks 12+

Independent program and habits that cut recurrence after a crash or strain.

MODALITIES

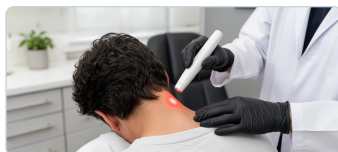
Home exercise · screen and driving setup · maintenance visits as indicated · activity guidance

IN-CLINIC EQUIPMENT & HANDS-ON SERVICES



CERVICAL TRACTION

Seated automatic traction to unload irritated discs, facets, and nerve roots.



CLASS IV LASER

High-power light therapy for acute neck inflammation and muscle spasm.



WHOLE-BODY VIBRATION

Low-load proprioception and muscle activation once the neck can tolerate it.



TECAR 448 KHZ

Diathermy to increase circulation in the neck and shoulder girdle.



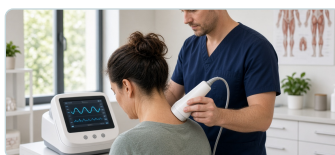
FOCUSED SHOCKWAVE

For lingering trigger points in trapezius and levator after the acute phase.



JADE / IR MASSAGE BED

Passive soft-tissue and far-infrared recovery between active sessions.



DEEP WAVE

Acoustic deep-wave therapy for tight cervical and upper-trap muscle.



DRY NEEDLING + MASSAGE

Trigger-point care for SCM, scalenes, traps, and suboccipitals.

START CARE

- New-patient evaluations typically available within a few business days.
- Clear activity guidance so you know what is safe to do at home and at work.
- You leave with a phase plan: what we will do this week, and what comes next.
- Call or text Dr. Yeung directly: 702-983-3898.