

**INSTRUCTIONS FOR HOME THERAPY FOLLOWING A MOTOR VEHICLE COLLISION**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**ACUTE CARE (FIRST 72 HOURS FOLLOWING ACCIDENT)**

Apply ice packs to affected areas for 10 min 3x/day, 7 days a week  
Perform gentle stretches of affected areas 1x each day, 7 days a week:  
Rotate head left and right holding for 5 sec. each direction, repeat 5x each direction  
Twist at waist left and right holding for 5 sec. each direction, repeat 5x each direction  
Take bed rest for 30-60 min. 2x each day, 7 days a week  
Avoid stressful situations  
Do not perform any strenuous exercises or work and no amusement park rides or heavy contact sports for the next 4 weeks

**SUBACUTE CARE (3 DAYS TO 1 MONTH FOLLOWING ACCIDENT)**

Apply ice packs to affected areas for 10 min 1x/day, 7 days a week  
Perform stretches of affected area 1x each day, 7 days a week as above  
Take bed rest 30-60 min. 1x/ each day, 7 days a week  
Avoid stressful situations  
No strenuous exercise or work, no amusement park rides

The above home therapy and restrictions are in place until further notice.

**RECOMMENDATIONS FOR ACUTE, IN OFFICE THERAPY:**

- Patient requires specialized physical examination of affected areas
- Physiotherapy 3x each week for 4 weeks
- Chiropractic manipulation 3x each week for 4 weeks

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