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Publication introduces a new concept of rehabilitation after whiplash injuries based on own clinical preliminary observations. The aim of proposed algorithm is desensitization process of the nervous system, preventing wrong pattern of neck mobility and kinetophobia and possibly normalisation of brain perfusion by gentle stimulation of mechanoreceptors located in cranio - cervical junction (CCJ). The main task for the patient is to restore Zero Point Head Position (ZPHP) which turned to be strong promotor of valid somatosensory output from suboccipital area and powerful ordering factor for abnormal muscle tension usually met after whiplash injury.

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