

# WHAT EXACTLY IS

Whiplash is an injury to the neck caused by a rapid back and forth movement of the neck due to a forceful impact. This type of injury is predominantly caused by a read-end auto accident. Symptoms typically resolve within several months with treatment. Although, some people develop chronic neck pain and various other ongoing complications resulting from whiplash. MANAGER AND AN ARREST WAS A PROPERTY WAS A PROPERTY OF THE PRO

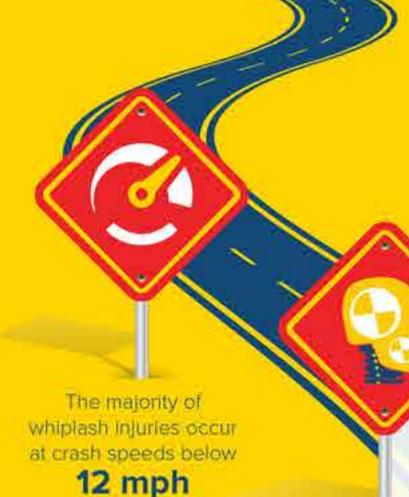


between 8-12 mph

rarely causes vehicle

damage. No correlation

exists between severity of injury and vehicle damage



WHIPLASH = ACCIDENT STATISTICS: Motor vehicle accidents that occur at a speed

acceleration to the occupant's head.

A crash that occurs at the speed of

5mph produces 10-12 g's of

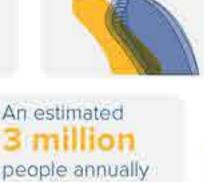


### WHIPLASH INJURY STATISTICS An estimated 9% of all



pain patients in America

almost half of chronic neck



Rear Impact Collisions. Approximately 1.5 million

Americans suffer from chronic

neck pain due to Low Speed





related injury

SYMPTOMS OF

suffer a whiplash



of whiplash victims will develop chronic neck pain



Headaches

for headaches caused by neck

problems. These headaches can

aggravate or worsen pre-existing

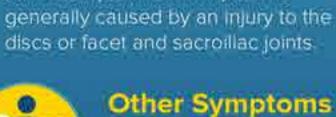
be caused by injuries to the upper

Cervicogenic is the term

migraine conditions.

### WHIPLASH? Arm Pain and Heaviness Pain or heaviness after an accident can be caused by nerve compression resulting from a herniated disc





Other symptoms correlated

to whiplash include: ringing

vision, fatigue memory and concentration difficulties.

ears, tingling face, blurry



## ASSOCIATED DISORDER AND CHRONIC PAIN?



### small tears to develop. A hernlated disc can also irritate and cause damage to the surrounding nerve endings. Pain resulting from this type of injury include: neck pain, sharp and shooting arm pain, numbness, neurological issues, tingling and muscle weakness.

Herniated Disc

Facet Joint Pain

help whiplash patients experiencing chronic pain.

Muscle strain Neck and upper back muscle strain can cause acute pain in whiplash patients. Research finds no conclusive evidence supporting neck muscles stain as a primary cause of chronic neck pain.

Facet joint pain is a frequent culprit of chronic neck pain following a motor vehicle accident. Facet joint pain generally is felt to the right or left to the center of the neck. . Alternative care such as chiropractic is often used to

Whiplash can cause injury to the discs between the vertebrae which causes

# TREATMENTS FOR WHIPLASH: SPINAL MANIPULATION

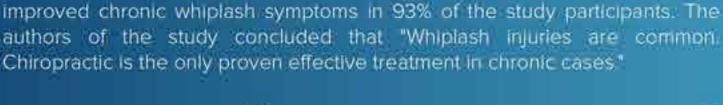
The Federal Government Panel officially recommends spinal manipulation for acute lower back problems. The Agency for Health Care Policy and Research (AHCPR) of the U.S. Department of Health and Human Services conducted a comprehensive federal government study on lower back treatment methods. Spinal manipulation was found to be the most efficient and recommended form

of treatment for acute low back problems.

The study was led by a 23-member panel composed of medical doctors, nurses, doctors of chiropractic.

osteopaths, physical therapists, occupational therapist, experts in spine research, a psychologist and a consumer representative. It was their unanimous conclusion that "... expensive tests, prescription drugs and surgical procedures used to diagnose and treat acute low back pain are largely ineffective.... The panel of

experts instead found spinal manipulation and chiropractic care to be the best option for successfully treating lower back conditions. CHIROPRACTIC A breakthrough study evaluated the success of chiropractic treatment for



CHIROPRACTIC

improving the chronic symptoms of whiplash victims. Chiropractic treatment



Chiropractic care is the An estimated 2nd largest primary health 27 million a nationally accredited, care profession in the United four-year doctoral graduate Americans are treated every year States with an average of school which requires a by Doctors of minimum of 4,200 hours of

1 million chiropractic procedures performed every business day

Khan S, Cook J, Gergan M, Bennister G. A symptometic disselfication of whiplash

injury and the implications for treatment, Journal of Orthopaedic Medicine

Chiropractic

classroom, laboratory and clinical internship time.

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