

Understanding Whiplash and Chronic Pain after a CAR ACCIDENT

WHAT EXACTLY IS WHIPLASH?

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 rear-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.



WHIPLASH ACCIDENT STATISTICS:



WHIPLASH INJURY STATISTICS

- Low Speed Rear Impact Collisions account for almost half of chronic neck pain patients in America
- An estimated **9%** of all Americans suffer from chronic neck pain due to Low Speed Rear Impact Collisions.
- 45%** of people with chronic neck pain attribute it to a motor vehicle collision
- An estimated **3 million** people annually suffer a whiplash related injury
- Approximately **1.5 million** of whiplash victims will develop chronic neck pain

SYMPTOMS OF WHIPLASH?

- Headaches**
Cervicogenic headaches are caused by neck problems. These headaches can be caused by injuries to the upper cervical disc or the joints. Additionally, cervicogenic headaches are known to aggravate or worsen pre-existing migraine conditions.
- Arm Pain and Heaviness**
Pain or heaviness after an accident can be caused by nerve compression resulting from a herniated disc
- Low Back Pain**
Low back pain from whiplash is generally caused by an injury to the discs or facet and sacroiliac joints.
- Other Symptoms**
Other symptoms correlated to whiplash include: ringing ears, tingling face, blurry vision, fatigue memory and concentration difficulties.

WHAT CAUSES WHIPLASH ASSOCIATED DISORDER AND CHRONIC PAIN?

- Facet Joint Pain**
Facet joint pain is a frequent culprit of chronic pain following a motor vehicle accident. A 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 help whiplash patients experiencing chronic pain.
- Herniated Disc**
Whiplash can cause injury to the discs between the vertebrae which causes small to developing. A herniated disc can also irritate and cause pain 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.
- Muscle strain**
Neck and upper back muscle strain can cause acute pain in whiplash patients. Research finds no conclusive evidence supporting neck muscles strain as a primary cause of chronic neck pain.

TREATMENTS FOR WHIPLASH: SPINAL MANIPULATION

The Federal Government 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, 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 improving the chronic symptoms of whiplash victims. Chiropractic treatment improved chronic whiplash symptoms in 93% of the study participants. The authors of the study concluded that "Whiplash injuries are common. Chiropractic is the only proven effective treatment in chronic cases."

- Chiropractic care is the **2nd largest** primary health care profession in the United States with an average of **1 million** chiropractic procedures performed every business day
- An estimated **27 million** Americans are treated every year by Doctors of Chiropractic
- Doctors of Chiropractic attend a nationally accredited, four-year doctoral graduate school which requires a minimum of **4,200** hours of classroom, laboratory and clinical internship time.

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LOCAL

- Augustine Chiropractic: <http://www.augustine-chiropractic.com/>
- Palm Harbor Spine Center: <http://www.palmharborspine.com/injury476.html>
- Grain Chiropractic Center: <http://www.grainchirocenter.com/how-it-works/>
- Rubin Health Center: <http://www.rubinhealthcenter.com/>