

WHAT IS WHIPLASH?

Say "Whiplash" and most of us immediately think of a car accident. You're rear-ended as you sit at a stop sign, and your head flies forward, then backwards. It really does whip back and forth, so even though "Whiplash" isn't technically a medical term, it's a very accurate description of what happens and what can cause so much pain. Doctors call Whiplash a neck sprain or strain. Other technical medical terms related to whiplash are hyperextension and hyperflexion.

Each year, almost 2 million Americans are injured and suffer from Whiplash.

Many of those injuries do come from car accidents, but there are other ways to get whiplash. You can get a whiplash from a sports injury, a fall or being shaken. Whiplash can take days, weeks or even months to develop. You may think that you're all right after a car accident, fall or initial injury. However, slowly the typical symptoms and stiffness, or tightness in the shoulders may develop. So even if you don't have pain immediately following a neck injury, you should make an appointment to see your doctor. Whiplash can have long term effects on your health, and in the long run it can be associated with other spinal condition such as osteoarthritis and joint pain and premature disc degeneration (faster aging of the spine).

CHIROPRACTIC CARE FOR WHIPLASH

If you have suffered a Whiplash-type injury to the neck, chiropractic care is a good choice to reduce pain and return proper mechanics to the cervical spine. Chiropractic emphasizes a comprehensive picture of the mechanisms of neck sprain. As important as muscle injury is the response of the nervous system to trauma and the injury to the deeper tissues of the spine with resulting restriction or fixation of spinal joints. The acute pain and restricted motion you experience after a whiplash injury is a product of injured tissue and the protective response of the nervous system as it locks up spinal joints to protect you from possible injury to the spinal cord. Chiropractic care emphasizes mobilizing restricted spinal joints and initiating rapid firing of neurological receptors using spinal manipulation, including non-force and flexiondistraction techniques. Your chiropractor will address the disturbed mechanics and the neurological responses that allow for treating the cause of neck injury and return a full functioning to injured spinal joints.