

# Condition of the Month

## AUGUST

### ~WHIPLASH~

#### What is Whiplash?

The term "**whiplash**" was coined by Dr. Harold Crowe back in 1928. It is used to refer to:

- i. the hyperextension/hyperflexion injury of the neck, and
- ii. the resulting symptoms of this injury - sustained from a motor vehicle accident.

This forwards-flexion and/or backwards-extension of the neck essentially results in a soft tissue sprain/strain injury to the structures within the cervical and upper thoracic spinal regions. When the initial impact occurs and the head is forced in either excessive flexion or excessive extension, protective reflexes cause the muscles of the neck to forcefully contract which "whips" the head back in the opposite direction. The resulting injury often leads to numerous symptoms, many of which are confusing and poorly understood.



#### What are whiplash symptoms?

» Symptoms following a "**whiplash**" accident include:

- neck pain, tenderness, achiness and stiffness
- cervical muscle spasms
- tenderness and nodules in superficial cervical musculature
- cervical reduced range of motion
- post-traumatic headaches (including migraine and muscle-tension headaches)
- shoulder and interscapular pain
- hand and finger pain, numbness and tingling
- blurred vision
- difficulty swallowing/feeling of lump in throat
- dizziness and balance problems
- lightheadedness

#### How can we help?

The chiropractic approach to treating whiplash injuries is highly successful compared with other health care professionals because chiropractors focus on rehabilitating the injured tissues and restoring optimal function. This is reflected in the high patient satisfaction scores that chiropractors have received in "patient satisfaction surveys" performed on MVA patients.

#### Why now?

For the month of August, we are offering a FREE Whiplash Exam and X-rays.

Call **852-1250** and make sure to visit our whiplash website at [www.byerschiro.com](http://www.byerschiro.com)