

Family Chiropractic

Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage



Whiplash: car optional

When they hear the word, “whiplash,” most people immediately picture a rear-end motor vehicle accident. But there are other ways that whiplash injuries can occur, including:

Skiing or Snowboarding wipe-outs

Assault, such as being punched or shaken

Roller coaster rides

Sports, especially contact sports such as football or boxing

Falls

A whiplash injury occurs when the cervical spine (neck) is stretched beyond its normal range of motion in a forward (flexion), backward (extension) or sideways movement. The discs between the vertebrae, along with their associated muscles, tendons and ligaments can be stretched or torn, resulting in symptoms such as: neck pain, stiffness or tenderness; headache; dizziness; numbness or tingling sensation; muscle spasms; irritability; memory loss; blurred vision; ringing in the ears; back pain; swelling.

These symptoms and related pain can show up immediately or up to 72 hours after the impact that caused the whiplash injury. And the pain and discomfort can last for months, even years.

An article in the *British Journal of Orthopaedic Medicine* stated that “chiropractic is the only proven effective treatment in chronic cases” of whiplash injury. The article reported the results of a study in which 26 out of 28 patients with chronic whiplash syndrome benefitted from chiropractic care. The authors also noted that “conventional treatment of patients with whiplash is disappointing.”

The goal of chiropractic care is to return neck joints affected by whiplash to their normal position. This relieves stress and strain on affected nerves and muscles. For best results, and to reduce unnecessary pain and formation of scar tissue, you should be checked by a Chiropractor as soon as possible after a whiplash injury 250-803-0224.