

Whiplash Information

Courtesy of Desirée Van Bogart, D.C.
Desired Health Chiropractic (763) 205-6192

Health Alert:

Whiplash Signs & Symptoms

Whiplash is a general term used to describe an injury where the neck is suddenly jerked in one direction and then violently pulled in another direction. This type of injury most commonly occurs in automobile accidents, but can also happen during a sport's injury or a fall.

The most common symptoms of whiplash are neck pain and stiffness. Oftentimes, the pain will radiate into the upper back, shoulders and arms, along the jaw, or into the chest.

Headaches are also very common after whiplash injuries due to the strain of muscles at the base of the skull. This may result in more serious symptoms of dizziness, nausea, or changes in vision.

It is also important to know that some symptoms of whiplash do not develop for up to 48 hours after the injury occurs. And more importantly, damage from whiplash injuries to the muscles, ligaments, and spine in the neck may cause long term issues and early degeneration if not treated properly.

Chiropractic:

What To Do After An Accident

After a motor vehicle accident, it is critical to immediately document any changes to your health, such as headaches, muscle stiffness, numbness and tingling. It is important to write down the date a new symptom arises and explain it in detail, including type of pain, intensity, location, and if you have ever experienced this prior to your accident. This will help your medical providers when taking a health history.

Chiropractors are trained to treat joint, muscle and ligament injuries of the back and neck. Their primary role is to keep the facet joints mobilized, slow degeneration and reduce scar tissue, enhance optimal healing through proper nutrition and exercise, and reduce the likelihood of permanent pain. Therefore, chiropractors may be the most specially trained health care provider for whiplash type injuries and motor vehicle accidents.

Schedule a chiropractic examination as soon as possible after any injury to the neck. Often, the sooner you are able to start treatment the faster your body is able to heal.

One Decision Can Change Your Life.

Our approach to medicine, healing, and wellness is a little different at Desired Health Chiropractic. We do not care for people's problems; instead we care for the person. We know you are looking for an answer to your health concerns. We know you may be frustrated, confused, and angry at your current state of health.

Regardless of where you have been, we can offer you a new beginning that can and will change your life. Consider Desired Health Chiropractic as your haven for healing.

**Know someone you care about with pain?
Share this newsletter when you are done and
you may help change their life!**

Exercise:

Increase Range of Motion in the Neck

Once the whiplash injury is determined to be stable by your doctor of chiropractic, range of motion exercises are vital to keeping the neck healthy and reduce stiffness. All neck movements should be done slowly and gently without overstressing the muscles. This should not cause pain but some aching and stiffness may occur.

- Neck flexion: Tilt the head as if trying to place the chin on the chest.
- Rotation: Turn the head to look over each shoulder.
- Lateral flexion: Move the head to each side by tipping the ear to the shoulder. You can take this stretch further by turning the chin up towards the ceiling or down towards the chest.

Hold each position for several seconds and take 2-3 deep breaths before returning to a neutral position.

Repeat each direction 5-10 times, trying to get a little more movement each time. If pain or stiffness occurs after the exercise, apply ice to the area for 10 minutes.

Mental Attitude:

Healing in a matter of time, but it is sometimes also a matter of opportunity.

-Hippocrates