

#330 Whiplash Transcript

Whiplash Brochure

Header: Whiplash

Subhead: And the Chiropractic Lifestyle

Photo: Crash dummy in air bag

Photo: Fender bender car accident

OCCUPANTS CAN SUFFER MORE THAN THE CAR.

Even though the car may have received little damage, occupants can suffer serious spinal injury.

Injuries to the neck caused by the sudden movement of the head, backward, forward, or sideways, is referred to as "whiplash."

THE TRAGIC RESULT OF FRONT- OR REAR-END COLLISIONS.

Whiplash is most commonly received from riding in a car that is struck from behind or that collides with another object. When the head is suddenly jerked back and forth beyond its normal limits, the muscles and ligaments supporting the spine and head can be stretched or torn. The soft, pulpy discs between spinal bones can bulge, tear, or rupture. Vertebrae can be forced out of their normal position, reducing range of motion. The spinal cord and nerve roots in the neck can get stretched and irritated. While the occupants can suffer considerable soft tissue injury, the car may be only slightly damaged.

The resulting instability of the spine and soft tissues can result in headaches, dizziness, blurred vision, pain in the shoulder, arms and hands, reduced ability to turn and bend, and even low back problems. As the body attempts to adapt, symptoms may not appear for weeks or even months later.

The chiropractic approach to these types of injuries is to use specific chiropractic adjustments to help return spinal function. After a thorough case history and examination, the doctor will recommend a series of visits to help restore proper motion and position of spinal bones. If caught early enough, inflammation can be reduced and scar tissue can often be minimized.

Consult a Doctor of Chiropractic before enduring constant headaches, depending upon addictive pain medication, or submitting to surgery.

Photo: Normal neck X-ray and military neck X-ray

Caption: A common result of acceleration/deceleration injuries is the loss of the normal forward curve, causing positive orthopedic and neurological examination findings.

Photo: Person wearing cervical collar

Caption: Worn too long, a cervical collar can further weaken supportive muscles and actually lengthen recovery time!

Photo: Traffic signal with red light illuminated

Caption: Most whiplash injuries occur when a car is stopped and occupants are unaware that they are about to be hit from behind.

THE CHIROPRACTIC LIFESTYLE

A continuing schedule of regular chiropractic checkups can help detect, correct, and maintain optimum spinal and nervous system function. Find out how chiropractic care, combined with proper diet, exercise, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest. Ask your Doctor of Chiropractic for a care program designed for your age, condition, and lifestyle.

References

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