

# WHIPLASH

By Drs. Boyd & Cindy Williams

Whiplash, medically termed “Cervical Acceleration/Deceleration Syndrome”, can occur 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 overstretched or torn. The discs can be injured, vertebrae can be forced out of their normal position, and the spinal cord and nerve roots in the neck can get stretched and irritated.

While the occupants can suffer considerable pain and injury, often the car may be only slightly damaged. These “low-speed” injuries are not unusual and are easily supported through research studies.

Injuries of the spine and soft tissues can result in 1) **neck pain** 2) **headaches** 3) **pain in the shoulder, arms and hands** 4) **reduced ability to turn and bend** 5) **dizziness and blurred vision** 6) **muscle pain** and 7) **low back problems** to name a few. These symptoms may not appear for many days, even weeks, as the body attempts to adapt and cope with the injuries.

**The chiropractic approach for whiplash injuries is to:**

- 1. Decrease pain**
- 2. Decrease swelling and inflammation**
- 3. Restore proper motion and position to the spinal joints**
- 4. Decrease muscle spasm**
- 5. Decrease scar tissue**

Also, rehabilitation exercises are utilized to strengthen the injured area, and reducing the risk of future re-injury. If you or someone you know has been in a motor vehicle accident, get an opinion from a doctor of chiropractic. A careful exam can determine if you would benefit from care and may even detect ‘hidden injuries’.

For more information on this or other health topics, including information about our services, go to [www.creatingfamilywellness.com](http://www.creatingfamilywellness.com) or call us at 507-281-4878.