

Have you ever suffered from whiplash? You're not alone. Of the six million injuries per year due to motor vehicle crashes, about three million people suffer from whiplash-type injuries. Of those, 500,000-900,000 will develop chronic pain.

According to two new studies- one in the journal Injury and another in the Journal of Orthopedic Medicine- people who failed under medical management were referred to chiropractors for treatment of chronic whiplash pain. In both studies, the results were phenomenal, and one of the conclusions is that chiropractic is the only proven effective treatment for chronic whiplash.

Chronic pain can occur even after the most minor accidents. There are also risk factors for acute injury such as having the head rotated, being out of position in the vehicle, lack of preparation for the crash and being struck from the rear. If you are injured, whether the vehicle sustains no major damage or is totaled, there is a one-in-three chance you will have chronic pain.

Whiplash studies show that people that have the worst outcomes are the ones who are caught absolutely unaware. Even just a few dozen milliseconds of warning that allow people to brace to some extent are worthwhile.

The following suggestions can help to minimize the pain and suffering, before, during and after a whiplash accident.

- Keep head restraints in the UP position.
- Crashes happen at lightning-fast speeds, and time is crucial. If you have time to prepare for a crash put your head and your neck all the way back so that you're in contact with the seat back and head restraint.
- Straight-arm the steering wheel and get a good grip.
- Look straight ahead. Don't have your head turned at all.
- Scrunch your shoulders up toward your ears and then brace.
- Contact our office immediately. Missing the important two-week window of opportunity increase the likelihood of a chronic condition.

Doctors of chiropractic are trained and licensed to treat the entire neuromusculoskeletal system and can effectively treat the tissues injured during a whiplash incident. If you should have any questions or you know someone injured in a car accident, please call our office and let us help.