

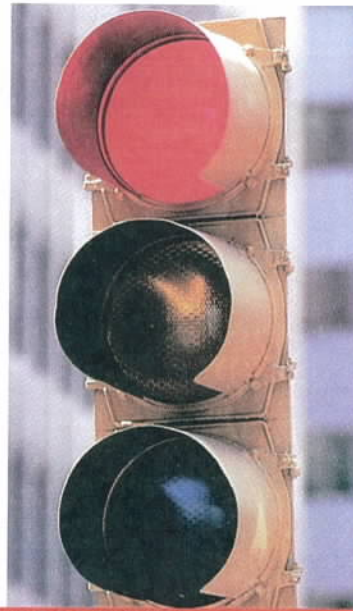
# Whiplash

AND THE CHIROPRACTIC LIFESTYLE

TAKE  
FOR YOUR  
FRIENDS AND FAMILY



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



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

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.

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HE 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 overstretched 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.

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

## SIDE VIEW OF NECK

TEXTBOOK NORMAL



PHASE ONE

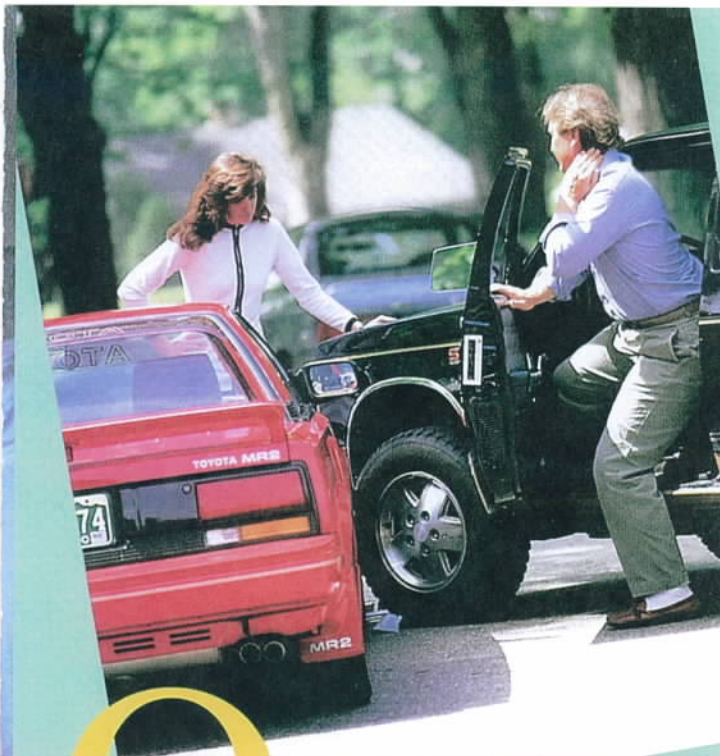


A common result of acceleration/deceleration injuries is the loss of the normal forward curve, causing positive orthopedic and neurological examination findings.

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







OCUPANTS CAN SUFFER MORE THAN THE CAR.

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