

Whiplash & Chiropractic



Essence of Life Spinal Care

Essentialspinalcare.com

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Getting the help you need with Chiropractic

What is a whiplash injury exactly?

A Whiplash Associated Disorder (WAD) describes an injury that occurs when a rapid acceleration or deceleration of the head happens relative to the body, producing a “whipping” motion of the head, leading to damage or irritation of structures in the neck. Whiplash injuries most commonly occur during motor vehicle accidents.



Up to **93%** of chronic whiplash cases see improvement with *chiropractic care.*

There are different grades of whiplash associated disorder

WAD 1:

- Neck pain or stiffness
- No physical signs are found on examination (normal range of motion, no swelling, normal strength, etc.)
- No or minor interference with normal daily activities

WAD 2: (Most Common)

- Neck pain or stiffness
- Physical signs are found (decreased range of motion, swelling, muscle spasms, muscle weakness, etc.)
- Substantial interference with normal daily activities

WAD 3:

- Neck pain or stiffness
- Physical signs are found with nerve involvement (reduced sensation, absent reflexes, weakness, shooting pains, etc.)
- Substantial interference with normal daily activities

WAD 4:

- Neck pain or stiffness
- Serious structural issues such as a fractured or dislocated vertebrae
- Immediate surgical consultation typically needed to address potential instability in neck

What happens to my spine?

- Whiplash injuries cause misalignments of the vertebrae in your neck, often with muscle and nerve damage or irritation as well.
- In chiropractic, this condition is called subluxation, with whiplash being one of the most common causes of vertebral subluxation.

How should I manage my whiplash injury?

- After your accident, the first step is to make sure you do not have any life-threatening injuries.
- Emergency medical practitioners will be able to assess and treat you for dangerous conditions like broken bones, dislocations or damage to your internal organs.
- Once you have ruled out any immediate life-threatening conditions, you should make an appointment with your chiropractor for a proper examination of your spine, muscles and nerves.

How can chiropractors help?

- Chiropractors are experts in safe and effective correction of your spinal misalignments (subluxations), which are often the primary source of pain and dysfunction following whiplash injuries.
- Chiropractic has been shown in clinical research to significantly help acute WAD I and WAD II patients and be the **ONLY proven effective treatment in chronic cases.**

A wellness approach

- For many patients suffering from whiplash, the resolution of symptoms and return to function are just the beginning.
- Sometimes injuries can be a blessing in disguise – becoming more aware of how your body works and what is required for health is an incredibly valuable lesson!
- Your chiropractor is an expert in spinal health as well as general wellness and should be a valuable resource for your ongoing wellness lifestyle once your injuries are resolved.



82% OF PATIENTS have an altered curve in their **CERVICAL SPINE** (neck) following a motor vehicle accident.

