

Expect a physical examination—much of which may be performed by palpation, which is by touch.

If clinically necessary, especially if pain followed trauma of some sort, expect diagnostic imaging (such as X-ray or MRI) to be ordered to rule out spinal injury and damage. Count on tests of range of motion, equilibrium, coordination, and posture.

Other tests may also be requested and/or performed as needed.

The Chiropractic Treatment

Spinal adjustments (sometimes called manipulation) are often recommended to relieve nerve pressure, relax muscles, and restore normal motion to the spine.

Adjustments may not be performed at every appointment and will not be performed if not found appropriate for your case.

Physiotherapies may be used, such as ultrasound, electric muscle stimulation, and moist heat or cold therapy. Instruction on proper posture. Recommendations will be given for exercises and stretches that will strengthen the neck muscles (and other areas) and help prevent re-injury. A cervical collar and/or a cervical pillow may be prescribed. Dietary and nutritional factors that may play a role in your injury and/or recovery will be discussed.

How You Can Prevent Re-injury

Avoid postures that fatigue muscles. Especially problematic can be poor sleeping posture; avoid sleeping on your stomach. Wear non-slip shoes and take care in slippery situations—such as in the snow, on ice, and in the bath.

Drive defensively. Keep an eye on all other drivers (including using mirrors) and attempt to predict dangerous situations.

Keep all doctor appointments and follow all prescribed exercises, dietary changes, and postural corrections. Doing this will increase your control over your care and will lessen the likelihood of re-injury.

The Benefits of Chiropractic Treatment

Chiropractic care is drugless and non-invasive—and is therefore associated with few, if any, side effects.

The *cause* of your pain will be determined before treatment begins. Treatment will address that cause, rather than just masking the pain.

You are expected to play an active role in your care and recovery. Your condition will be followed closely and treatment will be tailored to your changing needs.

Your chiropractic treatment is personalized. No two injuries are the same—no two treatments should be the same either. If it is believed that another type of health care would be beneficial or complementary to chiropractic care, the appropriate referral will be made.

Compliments of your Doctor of Chiropractic

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Whiplash



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Whiplash

Though neck pain is a very common affliction, it can be a confusing ailment because there are so many possible causes of pain. Of course you know the cause of your pain when it follows obvious trauma, such as a car accident, and you know to seek treatment in those cases. But it is also possible to suffer from whiplash from less obvious causes. So how can you know when you have whiplash, when you need treatment, and how you can prevent future occurrences of pain? With chiropractic, it can be as easy as 1-2-3—recognize the problem, manage the problem, and prevent re-injury.

Recognizing Whiplash and Possible Causes

There are many, MANY possible causes of neck pain and knowing what cause(s) apply to you can be difficult at best. Fortunately, your Doctor of Chiropractic has an extensive knowledge that you can tap into to solve the problem.

Whiplash is most commonly associated with car accidents but it may also result from every day accidents. "Whiplash" itself is a term used to describe the condition caused when, as a reaction to unexpected force, your head springs backwards as your body moves forward, and then as it recoils, your head springs forward (see illustration). Whiplash may also happen in reverse order with the head moving forward as the body moves backward. Symptoms of whiplash include pain in the neck, shoulders, and arms, stiffness, headache, dizziness, visual disturbances, nausea, sore throat, trouble swallowing, loss of voice, insomnia, and others.

Some of the more common causes of whiplash include:

- Car accident
- Slips and falls
- Sudden head movements

Your neck may be more prone to whiplash because of the following:

- Lifting things incorrectly
- Hereditary weakness
- Gradual wear and tear
- Various medical conditions
- Poor posture
- Fatigue
- Stress

Considering that your head weighs approximately 10 pounds, balances on a stack of ver-

tebrae, and moves about with the help of your neck and shoulder muscles, it is surprising that it is not injured more frequently. When it is injured, however, how do you differentiate the times when you need chiropractic treatment versus simple rest?

You would be wise to seek treatment if:

- You have symptoms of whiplash
- You have pain that lasts for longer than 24 hours

Seek treatment IMMEDIATELY if you have pain that is:

- Worsened by sneezing, coughing, or laughing
- Accompanied by nausea, vomiting, dizziness or numbness

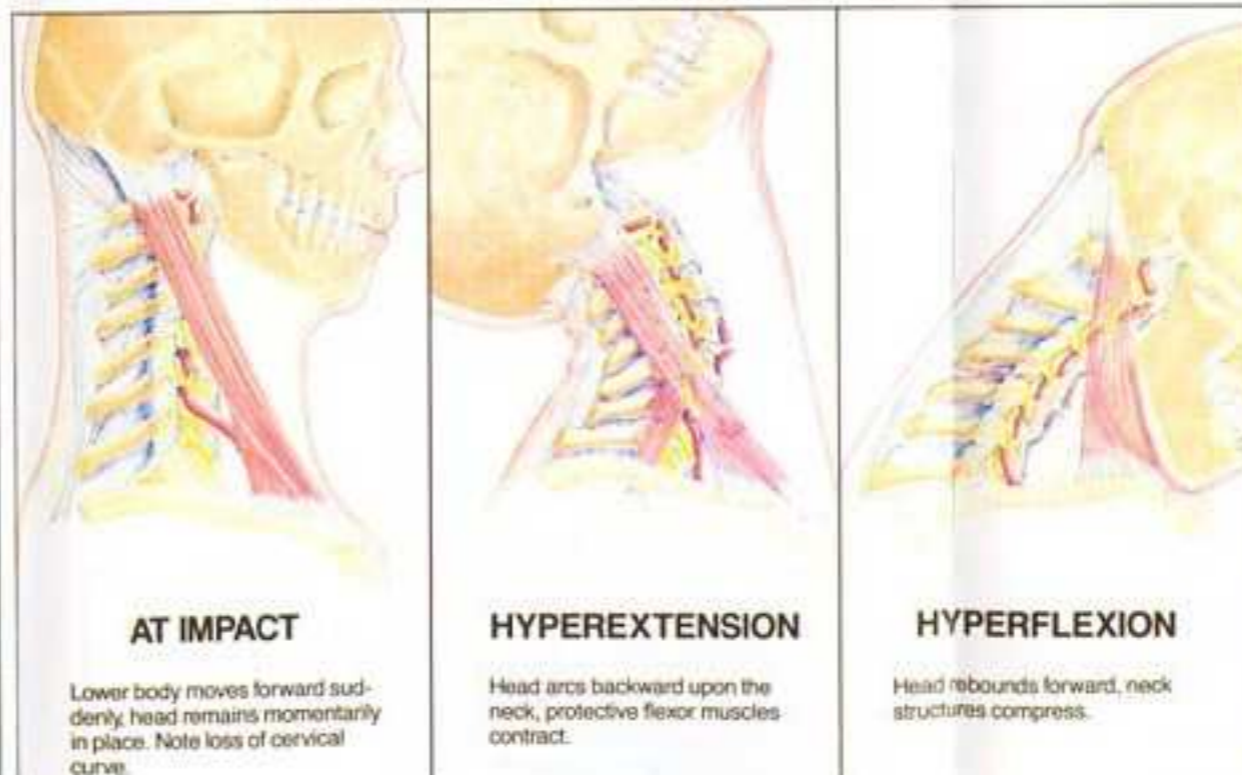
How Chiropractic Can Help

Chiropractic care is structured and will feature varying components of the following categories of examination and treatment.

The Examination

Inform the Doctor of Chiropractic of any factors that may have affected your neck pain—accidents, activities, what happened just before the pain hit, etc. Provide a complete medical history as information from your past may influence your current condition.

INJURY TO THE CERVICAL SPINE



HYPEREXTENSION (REAR-END COLLISION)