

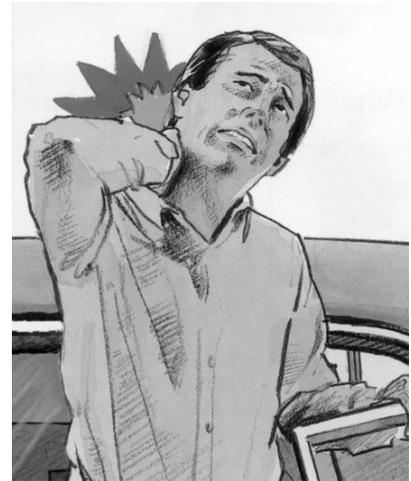


# Dr. Shane Explains...

## Whiplash

Whiplash is one of the most common injuries from trauma to your neck. It's commonly caused by a car accident, but it can also happen in falls or if you get hit unexpectedly. Whiplashes occur when the impact throws the head in one direction and then muscles react to "whip" it back in the opposite direction. Muscles, tendons and ligaments supporting the spine can be overstretched or torn. The spinal cord and delicate nerve endings in the neck can be stretched, pinched or irritated. The soft, cartilage-like discs occupying the space between the spinal bones can tear, bulge, herniated and even rupture.

The initial symptoms of whiplash may be a sore or stiff neck, perhaps along with a headache a few hours after the accident. Pain or numbness, or a pins and needles tingling in the back, arms and shoulders and hands may occur. A reduced ability to turn and bend is common. Ringing in the ears, dizziness, hearing loss or blurred vision have also been reported. Some symptoms may not appear until days or even weeks after the accident.



Whiplash damages the spine and muscles in your neck. It knocks your spine out of alignment and irritates the sensitive nerves in your neck. This leads to neck pain and tension, headaches, shoulder pain, arm pain, dizziness and numbness. A whiplash can lead to long-term problems. In fact, one study found that only 57% of patients make a full recovery.

Chiropractic helps by gently repositioning your spine to relieve muscle tension and irritation to the nerves. Chiropractic provides relief by treating the spine, which is the cause of the pain. A recent study in the Journal of Orthopaedic Medicine found that Chiropractic was the only proven effective treatment in chronic cases.

If you have suffered a whiplash injury and would like more information or a free consultation with Dr. Shane, please call (909) 598-2111

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