

## **The Chiropractic Answer to Whiplash**

Whiplash is an all too common consequence of the more than one million rear-end collisions that take place in the United States every year. Although the classic symptoms of whiplash (headache, dizziness, neck, shoulder, jaw and/or arm pain) may subside after a few weeks of appropriate care, it's estimated that nearly one in four cases will become chronic, resulting in long-term discomfort and disability.

Chiropractic may offer the best opportunity for relief from the pain of whiplash, according to a study published in the *Journal of Orthopaedic Medicine*. Ninety-three patients with chronic whiplash symptoms were divided into three groups based upon the nature and severity of their symptoms. All 93 patients received an average of 19.3 chiropractic adjustments over the study period (about four months).

Results showed that two of the three groups (patients with neck pain, restricted neck range of motion and/or neurological symptoms) improved under chiropractic care, with 85.5% reporting "some benefit," 33.5% improving by two symptom grades, and 31% being relieved of all symptoms.

If you or a loved one is suffering from whiplash, make an appointment because as the authors of this study conclude, when it comes to treating whiplash, "chiropractic is the only proven effective treatment."

### *Reference:*

Khan S, Cook J, Gargan M, et al. Asymptomatic classification of whiplash injury and the implications for treatment. *Journal of Orthopaedic Medicine* 1999: Vol. 21, No. 1, pp22-25.