

# FACT SHEET

## WHIPLASH



### **WHIPLASH DOESN'T NEED TO BE A PAIN IN THE NECK**

There were approximately 5,730 vehicular accident casualties in Cheshire last year, and nearly a third of a million nationwide.

The majority of casualties will suffer mild to severe whiplash as a result of their accident. Local Chiropractor Doug Clark of Dynamic Chiropractic says, "whiplash, which is literally a 'neck sprain' can be caused in an instant by sudden impact forcing the head backwards or forwards outside of its normal range of motion, but left untreated it may take months or even years to heal."

"Whilst whiplash needs immediate treatment the symptoms can take several days to appear, and can also cause damage to other muscle groups."

Chiropractic can help considerably with the whiplash healing process. By being able to identify the damaged areas around the spine individually, a Chiropractor can use gentle manipulation to help repair the soft tissue damage and restore normal spine function.

In addition, ice pack treatment, home exercises and nutritional supplementation may be recommended.

### **SOME SELF-HELP SUGGESTIONS FOR WHIPLASH SUFFERERS**

- Avoid repetitive movements such as sweeping, digging, bending or twisting
- Make sure you sit correctly – your Chiropractor can demonstrate
- Test the size of an object before lifting – ask someone to help if possible – if not, carry the load as closely to the body as possible
- Do not keep your head turned in any one direction for a long period of time
- If you operate a VDU, be sure to rotate the position of any reference material stand from left to right
- Refrain from slouching - it may seem comfortable but it is counter productive
- Make sure you sleep on a medium to firm mattress and try not to sleep on your stomach
- Your Chiropractor may give you a series of exercises to do at home.

For advice or a free consultation please call Dynamic Chiropractic on 0800 652 8854.

Dynamic Chiropractic  
Cheltenham House  
Cheltenham Drive  
Sale  
Cheshire  
M33 2DQ

0161 905 3440  
[www.dynamicchiropractic.co.uk](http://www.dynamicchiropractic.co.uk)

