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HEALTH

Whiplash Sufferers Can Benefit From Chiropractic Care

NewsUSA

(NU) - It's one of the most common injuries from a car crash, and those who've experienced it know it can be even more painful than watching a C-SPAN hearing on waste management.

But in fact, whiplash, as it's commonly known, is about more than just immediate pain. That's because this injury to the soft tissues of the neck from a sudden jerking or "whipping" of the head can also destabilize the spine – and leave you with severe, long-term pain if left untreated.

It can take anywhere from hours to months for symptoms to manifest themselves, but they include:

- Blurred vision
- Headaches
- Neck, arm, shoulder and low-back pain
- Dizziness
- Neck stiffness
- Reduced range of motion in the neck

Since the health of your spine, which houses the nervous system, isn't something you want to gamble with, many health experts recommend seeking chiropractic care at the first sign of one or more of those indicators.

"Chiropractors are specially trained to evaluate and care for neuromusculoskeletal injuries like whiplash," said Gerard Clum, DC, of the not-for-profit Foundation for Chiropractic Progress.

Talk to a chiropractor if you experience whiplash pain.

Chiropractic care is aimed at what's been described as "restoring the body" center by making manual and instrument adjustments to improve spine alignment and function. This care may be supported by massage and other soft-tissue techniques. A Doctor of Chiropractic may refer a patient for additional testing or other specialized examination procedures. In situations where it is needed he/she may also co-manage the patient's care with other providers.

The best part? "It's effective while being completely drug-free," said Dr. Clum.

To locate a chiropractor in your area, visit www.F4CP.org/findadoctor.

Foundation for Chiropractic Progress

Keywords: chiropractic care, Foundation for Chiropractic Progress, whiplash
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