

can help you. Your doctor of chiropractic has extensive knowledge of the importance of the spine and its alignment, noting even minute changes in this alignment. Victims of whiplash injuries owe it to themselves and their families to seek the specialized treatment a chiropractor can give them to regain full health.



Give this pamphlet to a friend  
who may be suffering from  
whiplash - injuries to the neck.

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# Whiplash injuries of the neck



## Whiplash - injuries of the neck

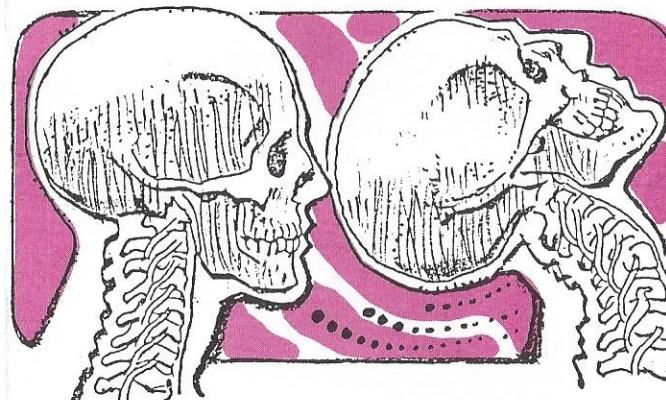
Nearly everyone knows what whiplash is, but not everyone realizes it is one of the most misunderstood injuries of our day, both for patients and their doctors - except doctors of chiropractic! Frequently, the patient doesn't realize there has been an injury. Later, when a myriad of symptoms begin to be evident, the patient still may not relate them to that time when a car struck him at an intersection. It was not much of an accident, he reasoned, and both parties seemed uninjured and left the scene. But later...**whiplash** symptoms began to develop.

### Wide range of whiplash symptoms

Since the cervical spine is the most easily injured part of the spinal column - due to the weight of the head and the flexibility of the neck - major symptoms are easily recognizable. There are many more symptoms, however, and you should be aware of all of them:

- **Head and neck:** Pain, stiffness in neck, restriction of motion, heaviness of head, neck and shoulders, headache (one or both sides).
- **Emotional:** Tension, extreme nervousness, anxiety, irritability, periods of depression.
- **Mental:** Mental dullness, poor memory, inability to concentrate.
- **Muscular:** Muscle spasms, swelling and tearings; muscle atrophy.
- **Spinal and nerves:** Herniated discs, pinched nerves, neuritis, neuralgia; numbness of arms, hands, shoulders, feet or legs; cold hands or feet; loss of normal spinal contours.
- **Digestive:** Gastro-intestinal symptoms; nausea.
- **Skeletal:** Dislocations, fractures.
- **General:** Fatigue; loss of balance, equilibrium problems; lightheadedness, shortness of breath; heart palpitations, rapid heart beats; insomnia (inability to sleep), pallor, tremors; pain in lower back and between shoulders.

The extent of whiplash can be tremendous, but, unfortunately for the victims, many health practitioners understand very little about the problem. Since it is by nature a chiropractic problem, **your chiropractor should be visited first after an accident!** Symptoms could emerge later - even if the victim feels there is no injury at the time of the accident.



### On our highways and byways - an example

With the tremendous number of automobiles and trucks traveling on our ever-expanding highway system, whiplash has become a major health problem. More people live in the suburbs and must commute greater distances to work, and more people are traveling for pleasure. It is obvious that rear-end collisions will not diminish. Here is a typical example of what could happen:

A young man started to enter the freeway, but stopped suddenly when he realized the

traffic was too heavy. The car behind also had started but didn't stop when he did. The young man's car was struck from behind, but he was tired, in a hurry to get home and didn't feel he was injured. So he continued on his way.

After he got home, his neck became stiff and sore. He went on to bed, hoping that a good night's rest would help; but the next morning, after a restless night, he felt worse instead of better. His wife suggested a visit to the family doctor who checked him over and said that rest and a few days time should take care of his headache and soreness.

When he felt no better several days later, his wife suggested he see a specialist. The specialist told him it would just take a little more time to heal.

Later, other symptoms began to show up - irritability, muscular problems, loss of the use of hand and arm on one side. At this stage the young wife insisted something else must be done! Her father had good faith in chiropractic and said that a chiropractor should be consulted for a full examination. The preliminary chiropractic examination indicated pressure on a nerve in the spine and impingement of the nerve supply to the arms. Thanks to the skill and specialized knowledge of the doctor of chiropractic, the young man recovered quickly and completely and now enjoys excellent health.

### Chiropractic examination is an absolute necessity following an automobile accident.

Even if you do not notice symptoms of an injury, a thorough chiropractic examination is a "must" after an accident. A spine and nerve test is painless and can reveal quickly if chiropractic