



Working With Whiplash

Mission:

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

Whiplash is not a disease like arthritis or high blood pressure but a description of how an injury occurred. When a person suffers a whiplash injury he or she is telling you that their spine, usually their head and neck, were unexpectedly thrown very quickly in one direction and then rebounded in the opposite direction. Their head was “whipped around” on their neck usually front to back, but it can also happen from a side-to-side motion of the neck as well.¹ To complicate matters, if their head is rotated even slightly to the right or left during the accident, the effects of the injury are increased.

Where’s The Damage?

The vast majority of whiplash sufferers misalign their neck’s spinal bones (cervical vertebrae) and cause nerve, joint, ligament, tendon, muscle and disc stress, irritation or damage. We have a special name to describe this type of condition – a vertebral subluxation. Research is revealing this condition to be the most common source of pain and discomfort from whiplash injuries.²

Whiplash Symptoms:

Many symptoms may accompany whiplash. Immediately after the accident you may feel some neck soreness or stiffness, perhaps accompanied by a headache a few hours later. Various symptoms may later develop such as pain and/or numbness, tingling or a pins-and-needles feeling between the shoulder blades, in the arms, hands and fingers.

Depending on the nerves affected, you may have ear ringing, dizziness, hearing loss, eye pain, blurred vision, sensitivity to light, nasal problems, low back pain and even internal organ problems.³⁻⁵

Whiplash sufferers sometimes have memory, thinking, vision and psychological problems even if there is no head or brain injury.⁶ How could that be? Research has revealed that a neck subluxation can cause decreased blood flow to the brain.⁷

Chronic Whiplash Problems:

Some whiplash victims heal rapidly and yet others may suffer long-term chronic pain and impairment. From 50% to as much as 88% of sufferers may continue to experience pain and some amount of disability for many years after the accident.⁸ Those who have chronic complaints due to incomplete healing after an accident are said to suffer from various conditions known as Postconcussion Syndrome (PCS), Whiplash Syndrome (WS), Post Whiplash Syndrome (PWS), Mild Traumatic Brain Injuries (MTBI) and Mild Head Injury (MHI).⁹

Chiropractic Care For Whiplash Victims:

Chiropractic effectiveness with whiplash sufferers has long been observed and reported in professional journals.¹⁰ In fact, chiropractic’s superiority was finally admitted in *The Journal of Orthopaedic Medicine* when after the authors interviewed 93 patients, they concluded: “Whiplash injuries are common. Chiropractic is the only



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proven effective treatment in chronic cases.”¹¹

Acupuncture can also be of benefit to whiplash victims, especially in acute cases where pain and inflammation prevent other methods of treatment. The acupuncture can decrease the pain, relax the muscles and reduce the inflammation in around the neck area.

Don't Suffer Any Longer!

Any accident may cause the vertebral subluxation complex where the vertebrae (spinal bones) are out of proper alignment and irritating or damaging spinal nerves.¹² If you have ever been involved in any accidents, whiplash or otherwise, no matter how long ago, please visit us to ensure that you have really healed as completely as possible. Trauma or injury from many years ago may be responsible for seemingly unrelated health problems suffered today.

For more information on Whiplash and how to help with its symptoms please contact Dr. Caroline Long and Dr. Sherman Yeager at West U Wellness.

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West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

***Headaches, Neck Pain, Shoulder or Arm Pain?
Tired of taking medication and still having pain?
Come hear Natural Alternatives to reduce your Pain on Tuesday,
June 21st at 6:00 PM here at West University Wellness!**

June Calendar of Events

			1 West U Walking Club 7:30 am	2	3	4
5	6	7 Cholesterol Health Talk	8 West U Walking Club 7:30 am	9	10	11 West U Wellness Open
12	13	14 Acupuncture Health Talk	15 West U Walking Club 7:30 am	16	17	18
19 Father's Day	20	21 Head, Neck & Shoulder Pain Health Talk	22 West U Walking Club 7:30 am	23	24	25 West U Wellness Open
26	27	28 Disc Problems Health Talk	29 West U Walking Club 7:30 am	30		

July Calendar of Events

					1	2
3	4 Independence Day (CLOSED)	5 Childhood Illness Health Talk	6 West U Walking Club 7:30 am	7	8	9 West U Wellness Open



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10	11	12 Shoulder & Knee Pain Health Talk	13 West U Walking Club 7:30 am	14	15	16
17	18	19 Low Back Pain Health Talk	20 West U Walking Club 7:30 am	21	22	23 West U Wellness Open
24 <hr/> 31	25	26 ADD/ADHD Health Talk	27 West U Walking Club 7:30 am	28	29	30

Dr. Sherman Yeager & Dr. Caroline Long are available to give free “stress management” lectures to a variety of groups. If you would like us to speak at your company or have us offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.

www.westuwellness.com