

WHIPLASH

Avoiding Life-Long Consequences

Whiplash is a painful condition that develops after your head is forcefully thrown backward then forward, or vice versa. Auto accidents are the leading cause of whiplash. More than 4 out of 5 people involved in an accident will suffer a whiplash injury. (1)

Long-standing complaints develop in 40-60% of whiplash cases. (2-5)

- **>50%** have ongoing neck pain one year after the accident. (6-13).
- **3 in 10** have persistent low back pain one year post-crash. (14)
- **2x** as likely to report pain five years after an accident. (15)
- **3x** more likely to have pain, stiffness, and headache 20 years later. (16)

FORTUNATELY, CHIROPRACTIC CARE CAN HELP

Multiple studies have shown that chiropractors offer several potent tools for relieving whiplash pain and restoring function. (17-22)



Spinal Manipulation



Exercise Therapy



Home Advice



Myofascial Release



Therapy Modalities

RESEARCH FROM *INJURY JOURNAL*:

“93% of patients improved following chiropractic treatment.” (19)

Seeking early and appropriate treatment, including the type provided by chiropractors, is crucial and offers the best outcomes. (23) If you are ever in an accident, do yourself a favor; call your chiropractor immediately.



THE WHIPLASH SOLUTION

