

Facts about Whiplash from Car Collisions



More than 1 million people suffer from whiplash injuries each year, and about 10% of those end up with chronic pain that affects their daily activities and life quality. We want to present some facts about this common injury from car accidents.

The Symptom isn't Always Pain

Although neck and/or shoulder pain is the most common symptom associated with whiplash injury, other symptoms may include headaches; neck swelling, muscle spasms, numbness or tingling in your arms, nausea, difficulty swallowing, dizziness, and blurred vision. The symptoms may be present immediately after a car accident or they may slowly begin to develop after hours or even days.

A Whiplash Injury May Occur at Speeds Less Than 5mph

It's hard to believe that at such slow speeds your body may become injured, but researchers recently conducted low speed rear impact tests and concluded that 29% of people developed symptoms related to whiplash at speeds of just 2.5mph. Furthermore, it has been shown that a 10mph rear end collision can produce up to 9 G's of force in your neck! Keep in mind, the speed of the collision doesn't correlate to the degree of injury your body may sustain.

What Happens During the Impact of a Car Collision?

The 7 vertebrae of the neck normally combine to form a 35-45 degree curve called the cervical lordosis. Biomechanical studies have shown that during a rear-end car collision

the torso is forced back into the seat and at the same time moves upward causing the lower cervical vertebrae to move into hyperextension, while the upper cervical vertebrae flex forward. ***The neck is forced into an unnatural S curve***, and it's believed that it's during this time that injury occurs in the neck as the muscles, tendons, and ligaments are being strained to hold the vertebrae against opposing forces.

Chiropractic Treatment Can Help

Chiropractors are trained to diagnosis and treat many of the injuries that are typically associated with whiplash. Dr. Adam Nachmias -- your family wellness chiropractor in New York and Brooklyn -- will perform a physical examination and ask you about all your symptoms. If necessary, Dr. Adam may request x-rays or other imaging, and will also provide treatment to the soft tissues and joints if needed. Finally he will go through and teach you proper home care for your injuries. A chiropractic treatment for whiplash can last anywhere from a few weeks to a few months, depending on the severity of the injury.

Nachmias Chiropractic accepts most insurances. Find them here:

<http://calldradam.com/insurance-accepted/>

No one deserved to be in chronic pain....If you, or someone you know suffer from pain related to a car accident, get it checked out by Dr. Adam Nachmias at Nachmias Chiropractic! You won't regret you did.

Book your appointment by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

We warmly welcome you to get back to health at Nachmias Chiropractic!