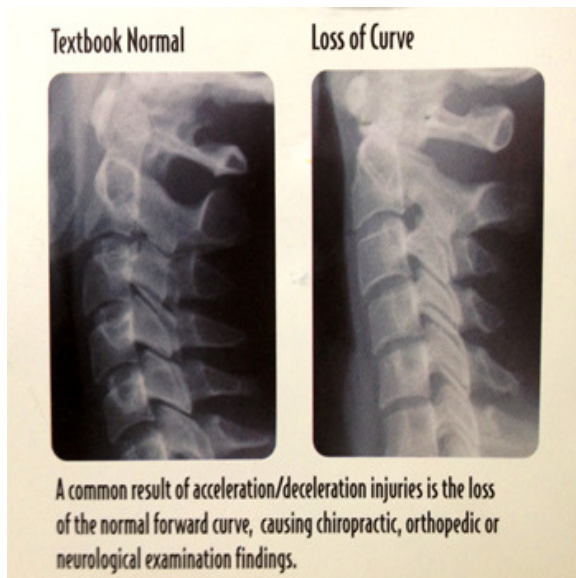


Whiplash and the Chiropractic Lifestyle

The tragic results of uncorrected trauma

Collision that occur during sporting events, slips, falls or automobile crashes can all have a damaging effect on your neck and back. These types of collision-related injuries are often called “whiplash”.

The resulting instability of the spine and soft tissues can contribute to headaches, dizziness, blurred vision, pain in the shoulders, arms and hands, reduced ability to turn and bend, and low back problems. As the body attempts to adapt, symptoms man not appear until weeks or even months later.



The chiropractic approach to these types of injuries is to use specific chiropractic adjustments to help normalize spinal function. After a thorough case history and examination, the doctor will recommend a series of visits to help restore proper motion and position of spinal bones. If caught early enough, inflammation can be reduced and scar tissue can often be minimized.

Occupants often suffer more than the car

Whiplash is most commonly received from riding in a car that is struck from behind or that collides with another object. When the head is suddenly jerked back and forth beyond its normal limits, the muscles and ligaments supporting the head and spine can be stretched or torn. The soft, pulpy discs between spinal bones can bulge, tear, or rupture. Vertebrae can be forced out of their normal position, reducing range of motion.

Dr. Adam Nachmias at Nachmias Chiropractic can help normalize the spinal function and relieve you from pain and suffering. Call any of the offices to book your appointment:

Manhattan office, call: 212-924-1700

Brooklyn office, call: 718-832-7300

Welcome!