

# 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

