

Whiplash



Background

Whiplash is a condition resulting from an acceleration-deceleration transfer of energy to the neck. Automobile accidents, sports injuries and occupational mishaps are events that can cause this injury.

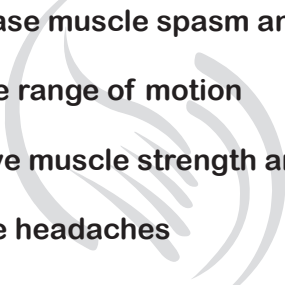
Symptoms: Whiplash may result in boney, muscle, nerve and other soft-tissue injuries. Whiplash-associated disorders (WAD) may include pain and numbness, muscle spasm, dizziness, headaches, and social & psychological issues. The condition can vary from mild to severe.

Research has shown that, with proper guidance, early return to work enhances recovery and reduces the risk of long-term disability.

Whiplash

Treatment

REGISTERED MASSAGE THERAPISTS MAY HELP:

- decrease muscle spasm and pain
 - restore range of motion
 - improve muscle strength and endurance
 - reduce headaches
 - improve function and return to activity
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Research

Bone and Joint Decade 2000–2010 Task Force on Neck Pain and Its Associated Disorders (Neck Pain Task Force)

KEY FINDINGS:

Best evidence synthesis suggests that therapies involving manual therapy and exercise are more effective than alternative strategies for patients with neck pain.

Exercise training, mobilization and acupuncture are more effective in the short term than conventional medical care or “usual care.”

A number of alternative and complementary medicine interventions have more evidence of efficacy than conventional medical care.

(Recommendations described are the result of over 6 years of literature review, research, and discussion by a multidisciplinary Scientific Secretariat, supported by a international and multidisciplinary Advisory Committee. The Neck Pain Task Force considered almost 32,000 research citations and performed critical appraisals of the more than 1,000 research studies that were relevant to its mandate.)

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