



**CHIROPRACTIC  
Care Clinic**

**Dr. Tim Kamerman**

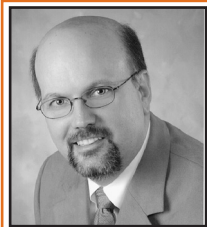


# The Spinal Column

from **CHIROPRACTIC CARE CLINIC**

2924 Hawkins Drive • Searcy, AR 72143 • (501) 268-2273  
www.SearcyChiropractor.com

## WHIPLASH ... More Than A Pain In The Neck!



**DR. TIM KAMERMAN**  
Palmer College of  
Chiropractic, 1987  
Louisiana Tech  
(pre-Chiropractic)  
Searcy High School  
1982

Whiplash ... if you've ever been in a vehicle accident, you've probably heard of it. **WHAT IS IT?** It's a common injury that results when a person's spine, especially the neck, is suddenly thrown first in one direction and then in the opposite direction.

**THE SYMPTOMS** — Symptoms of whiplash can range from neck soreness/stiffness to headaches or numbness/tingling in the arms. Some people experience ringing in their ears, dizziness, hearing loss, blurred vision, restlessness, irritability, depression, insomnia, and the

“jitters.”

**EMERGENCY TREATMENT** — Anyone involved in an accident should receive appropriate emergency care for any broken bones, bleeding, or internal organ damage. This is a speciality of emergency medicine which is at its best when dealing with trauma or accident injury.

**WHIPLASH TREATMENT** — The vertebrae (bones in the neck and spine) can get out of alignment from whiplash. Painkillers, muscle relaxers, sedatives, or even physical therapy cannot realign the vertebrae or relieve the pressure from the nervous system which is what causes the pain and other symptoms.

Chiropractic care can remove nerve pressure through careful spinal adjustments and is recommended in every single auto accident case. No part of the healthcare team, other than chiropractic, checks the individual vertebrae movements. If this area is not

addressed, the individual can end up with a lifetime of pain and suffering.

Over the past fifteen years, I have had numerous patients come in for the first visit, and in the course of going over their health history, it would be discovered that their symptoms started some 5, 10, or even 15 years previously.

Most of those patients would mention that they did not have a lot of extreme symptoms the first few days after the accident, but as time would go by, the symptoms would become persistent and progress into a chronic or long standing problem. For that reason, it was my conclusion that even minor misalignments that were undetected and not corrected would continue to slowly wear until they would become a full blown health problem.

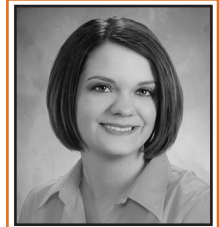
This is confirmed by a test called DMX, or digital motion x-ray. The DMX shows the spine in motion, so ligament strength and stability can be evaluated – unlike the plain x-rays taken, or even MRI.

Plain x-rays and MRI are good for looking at certain tissues but since they are done in a manner with the patient absolutely still, the misalignments and instabilities that are only there when a person is moving his neck or spine go unnoticed.

We have found that many of the patients in even low speed collisions end up with ligament damage and can have a permanent problem.

No matter how long it has been since your accident, if you haven't been checked by a chiropractor, call us today! An undetected misalignment can lead to many kinds of future problems.

— Dr. Tim Kamerman, D.C., P.A.



**DR. KRISTY WARD**



### TYPICAL WHIPLASH SEQUENCE CAUSED BY A REAR-END AUTO COLLISION

#### TYPICAL WHIPLASH SYMPTOMS

- Headache • Restricted neck movement • Head, neck, shoulder, arm pain
- Pain between shoulders • Dizziness • Fainting or “weak feeling” spells
- Head, neck, shoulders, arms feel heavy and tired • Ringing in ears
- Sense of balance altered • Hearing diminished • Frequent nausea
- Low back pain • Numb, cold, tingling hands, feet, arms, legs
- Heartbeat rapid, irregular, fluttery, pronounced
- Frequent anxiety, irritability, memory lapse

#### SYMPTOMS MAY COME LATER

Some symptoms may show immediately or within a few hours following a whiplash injury. But damaged, injured tissues often degenerate slowly, so sometimes symptoms don't develop for several days. Sometimes several weeks go by. Occasionally, several months elapse before symptoms present themselves.

#### RECOMMENDATION

A whiplash victim should have a thorough chiropractic examination as soon as possible after the accident to determine the extent of the injury.



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Dr. Tim Kamerman

*Don't suffer needlessly – Call today*  
**CHIROPRACTIC CARE CLINIC**  
**268-2273**

# My Story . . . by Lacy Knight



I was stopped at a traffic light when I was rear-ended and pushed into the car in front of me. My face hit the steering wheel but I felt fine for about the first week. Then, the headaches started. I didn't think much about it – I just thought it was stress from school.

I got a flyer from the Chiropractic Care Clinic and decided to come in for a free consultation. Dr. Ward explained the long-term effects of whiplash injury. I started treatment about two weeks after the consultation, which was five weeks following the accident. My symptoms were restless nights with very little sleep, headaches, tingling and numbness in hands and fingers, and stiffness in my back and neck. At times, I had pain all over my body.

At Dr. Ward's recommendation, I started adjustments and therapy three times a week. After the sec-

ond visit, the headaches stopped completely. As each week progressed, the symptoms decreased. The numbness and tingling also stopped, the stiffness loosened up and my normal sleep pattern returned.

My office visits changed from three times a week to two times a week. I started doing strengthening exercises on my neck and that helped a great deal. Between the exercises, low level laser, electric stimulation, and adjustments, I am now symptom free! The Tempurpedic pillow has also made a dramatic difference in my sleep.

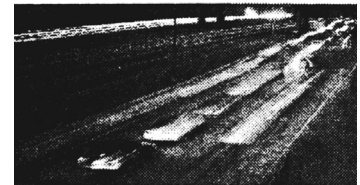
Now I feel great – no tingling, no sleepless nights, and no headaches!

## HAVE YOU BEEN IN AN AUTO ACCIDENT?

*Present this certificate at our office for a FREE neuromuscular massage!*

*Accident and Injury Clinic of Central Arkansas  
Located within Chiropractic Care Clinic*

### Gift of Health Certificate



**This certificate is good for a FREE Doctor  
Supervised Neuro-muscular Massage**

No obligation – just our way of checking you and showing that we care!

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