



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



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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.



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

# My Story . . . by Debra Spivey



I am a mail carrier in Searcy. On July 28, 2007, I was rear ended while carrying a route.

Aside from the initial shock, I thought that I was not hurt. But, two days later I began to experience sharp pains in my neck and back. I hoped that I was only sore and would soon recover but the pain only got worse.

I have never been to a Chiropractor before so I was very skeptical. I wanted to treat the problem, not just the symptoms so I decided to see if (chiropractic) would work for me. I knew I wanted to go to Chiropractic Care Clinic because I have delivered their mail as well as to several other clinics, but they were always so kind to me. After my x-rays were taken, I was surprised to learn that I had a whiplash injury, pulled muscles, and torn

ligaments in my neck and back. Dr. Ward informed me that if I left my whiplash injury untreated, it could cause migraine headaches and many other future problems. Because of the nature of my job, I have to be able to lift up to 70 lbs., and I could not.

I began to get adjustments. It has been a long process with its ups and downs. It has taken a little time and patience but now I can do everything I could do before the accident. I am grateful to Dr. Kamerman and Dr. Ward and all of the staff for helping me through this, and most of all for making me well so that I can continue to do the best job I can.

## HAVE YOU BEEN IN AN AUTO ACCIDENT?

*Present this certificate at our office for a FREE exam.*



*Chiropractic Care Clinic*

*Gift of Health Certificate*



**This certificate is good for a FREE Exam**

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

**Chiropractic Care Clinic**  
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Expires August 31, 2008

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