

Lakeview Community Wellness Center Orthopaedic Connection

Whiplash

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Transforming patient information into patient understanding.

Whiplash is a term that personal injury attorneys are very familiar with. Orthopaedic Surgeons are very familiar with whiplash also, but I don't make a home visit to discuss it with you. In my work an office visit is more the norm.

What Is It, Really?

If your vehicle is rear ended, your vehicle is shoved forward. In a split second your head and shoulders are moving forward also.

If you step on the brake to stop the vehicle suddenly, your head and neck are thrown backward. This sudden jerking back and forth results in a painful neck injury called whiplash.

20% of people involved in rear end collisions experience whiplash symptoms. While most people recover quickly, some develop chronic symptoms.

Signs and Symptoms

Within 2 days of the accident you may experience some of the following:

- Neck pain and stiffness
- Headaches
- Shoulder and/or neck pain
- Lower back pain
- Pain and numbness in the arm and/or hand
- Dizziness
- Ringing of the ears
- Blurred vision
- Irritability
- Sleepless, fatigue
- Can't concentrate or remember

Your Treatment

If the pain is mild and you don't have any severe symptoms:

- Ibuprofen
- Ice to neck for twenty minutes 2 - 3 times per day
- Gentle movement
- Walking

Doctor Treatment

If pain is more severe or doesn't subside seek treatment. Call too if you experience weakness or numbness in the arms or legs. Dizziness, blurred vision, ringing in the ears must be checked.

You certainly will need at the least a thorough examination and plain x-rays. MRI maybe, but not always.

- Rest neck with a soft collar
- Physical therapy
- Massage
- Heat and Ice
- Ibuprofen
- Cervical pillow to sleep

Most whiplash symptoms subside in 6 - 12 months. Chronic symptoms occasionally may need surgery.

Prevention: *Properly adjusted head rest and always wear your seat belt.*

Lakeview Area News Archive and Office Website

What if I told you that every article I have ever written for Lakeview Area News is instantly available to you on the office website www.orthopodsurgeon.com?

It is! Every article is listed by title in the archive from most recent back to the first. Click on the title and the whole article appears magically. These articles contain a huge amount of information you can use.

While you are at it, look over the website library of Orthopaedic articles as well as Your Orthopaedic Connection. These two sources have a huge amount of Orthopaedic information that can be useful to you, your family and friends. I urge you to check it out.

Orthopaedic Clinic

I also hope you realize by now that I am at Lakeview Community Wellness Center every first and third Friday afternoons seeing patients.

You can simply call and make your own appointment. Call 989-463-6092 to make an appointment at the Lakeview Community Wellness Center Orthopaedic Clinic or at the office in Alma.

Approaching Clinic dates are Friday November 4 and November 18, 2011.

I am there for you. Call if you need me.

Our goal is simple - To help people return to more pain free, functional lives. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush

