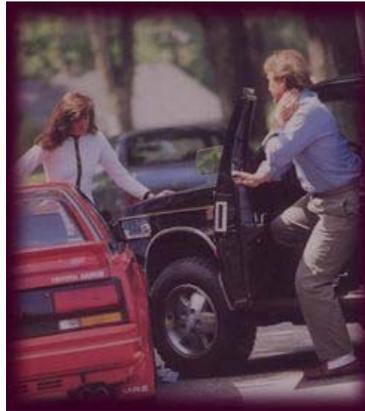


Whiplash



Whiplash injury occurs when the body reacts to a deceleration or acceleration force by hyperflexion or hyperextension of the neck.

Whiplash injuries are very common in car accidents. Numerous studies have shown that the forces on the occupant of a damaged vehicle can be five times the force to the vehicle. The injury to the fascial system is immense, even with "slow" accidents.

Uncomplicated cases of whiplash are the result of sprained ligaments in the neck. The muscles naturally spasm as a protective mechanism. Pain from the whiplash may be a stiff neck and may go down one or both arms.

We will treat you with gentle myofascial release techniques, physical therapy, massage therapy and bracing when necessary. Treatment and improvement will begin right away. The sooner you get the right help, the faster you will feel normal again.

A more severe case of whiplash is indicated by persistent pain that lasts for more than one month. This can indicate that the whiplash more extensively damaged your muscles and nerves. Whiplash can also lead to discs rupturing in the neck like a "slipped" or herniated disc in the back.

Other symptoms from a car accident and whiplash may include pain extending into the shoulder, elbow, wrist or hand, low back pain, headaches and more.



EXPERT EVALUATION

In our office we have years of training and the latest treatment and diagnostic techniques to determine your injury. We will refer you to a specialist when needed, obtain testing and provide documentation of our findings for insurance companies and attorneys. Scott has for many years, excelled in the evaluation and care of whiplash victims. Because of this, he brings a high level of knowledge and experience to the assessment and care of each and every individual. Call us today at 845 940 1050 and get out of pain fast!

[Read this article to understand whiplash from a myofascial release perspective.](#)