

## Whiplash

Whiplash injuries are the most common injuries associated with automobile accidents. The term is used to refer to or describe a cervical acceleration-deceleration injury. When an automobile is struck from any direction, the force of the impact can cause the unprotected head and neck region into a “whipping” motion, which may result in more serious injuries. Whiplash is considered an acute but painful injury that cannot be avoided.

Statistics have shown that most people will be involved with at least one automobile accident in their lifetime. Whiplash can have lingering effects upon one’s cervical spine or neck, regardless of the extent of the whiplash injury. While pain is not an immediate symptom, the damage done to the spinal cord and nervous system can often go undetected until a chronic condition arises. If you have been involved in an automobile accident or you know someone who has, the best thing to do is to consult with a chiropractic doctor to see if further action is needed in order to prevent future health problems.