



WHIPLASH AND SPRAIN/STRAIN HANDOUT

Whiplash AKA Cervical Acceleration/Deceleration (CAD) Injury is a common diagnosis of patients involved in a motor vehicle accident. CAD Injuries typically lead to damage of the structures within the neck including sprain/strain of the muscles and ligaments, injury to the disc, vertebrae, and/or nerves. This commonly leads to symptoms including neck/upper back pain, pain/numbness/tingling in the upper extremities, headaches, and even low back pain. Healing from a sprain/strain injury depends on the severity, the following a good guideline.

Acute Inflammatory Stage (1 week)

Timing & Goals	Treatment Recommendations
<p>During this phase your body is behaving to protecting itself. The immune system responds to muscle and ligament injury with significant inflammation, pain, swelling, redness and warmth. Severe stiffness and muscle spasms present. This is your body's way of creating stability and preventing further injury. During this phase you do not want to create further inflammation</p> <p>Treatment Goal</p> <ul style="list-style-type: none"> ● Reduce pain, reduce inflammation <p>Treatment Frequency</p> <ul style="list-style-type: none"> ● 3x / week for 2 weeks 	<ul style="list-style-type: none"> <input type="checkbox"/> Class IV Laser <input type="checkbox"/> Graston Technique <input type="checkbox"/> Kinesiology Tape <input type="checkbox"/> Spinal Decompression <input type="checkbox"/> Nutrition <ul style="list-style-type: none"> ▫ Acute Phase ▫ MyoCalm/PM ▫ Increased Hydration ▫ Proteolytic Enzymes ▫ Omega's/SPMs <input type="checkbox"/> Ice - 15 minutes with a cloth between skin and ice pack <input type="checkbox"/> Topical Pain Relief <ul style="list-style-type: none"> ▫ Biofreeze/Sombra ▫ MagneSul <input type="checkbox"/> Chiropractic Manipulation <input type="checkbox"/> Manual Therapy / ART <input type="checkbox"/> Acupuncture / Cupping <input type="checkbox"/> Injection Therapy <input type="checkbox"/> Imaging <ul style="list-style-type: none"> ▫ X-ray ▫ MRI

Repair Stage (Week 1-12)

Timing & Goals	Treatment Recommendations
<p data-bbox="188 252 821 493">Your body begins to repair the injury. Inflammation has decreased but remnants starts to solidify/harden. Collagen will begin to replace damaged tissue. Adhesions will form between layers of muscle, fascia, ligaments, and tendons.</p> <p data-bbox="188 535 406 577">Treatment Goal</p> <ul data-bbox="243 577 763 703" style="list-style-type: none">● Help organize the repair process, improve range of motion, decrease pain and improve function <p data-bbox="188 745 487 787">Treatment Frequency</p> <ul data-bbox="243 787 649 913" style="list-style-type: none">● 2x / week for 1-6 weeks● 1-2x /week for 6-12 weeks● Exam every 3 weeks	<ul data-bbox="868 252 1315 1155" style="list-style-type: none">□ Chiropractic Manipulation□ Manual Therapy/Graston□ Spinal Decompression□ Specific Therapeutic Massage<ul data-bbox="933 409 1153 451" style="list-style-type: none">▫ 30min / 60min□ Class IV Laser□ Acupuncture / Cupping□ Injection Therapy□ Ergonomic Support<ul data-bbox="933 619 1193 703" style="list-style-type: none">▫ <u>TriCore</u> Pillow▫ <u>Cervipedic</u> Pillow□ TENS Unit□ Topical Pain Relief<ul data-bbox="933 787 1201 871" style="list-style-type: none">▫ Biofreeze/Sombra▫ MagneSul□ Nutrition<ul data-bbox="933 913 1234 1039" style="list-style-type: none">▫ Increased Hydration▫ Chondro-Flx▫ Omega's□ Imaging<ul data-bbox="933 1081 1039 1155" style="list-style-type: none">▫ X-ray▫ MRI

Remodeling Stage (Week 12 - Week 52)

Timing & Goals	Treatment Recommendations
<p>Once the collagen is laid down, the body slowly starts to remodel the scar tissue to promote normal range of motion, mobility and flexibility. Improvement of quality, orientation and tensile strength of muscles and ligaments.</p> <p>Treatment Goal</p> <ul style="list-style-type: none"> ● Create near-perfect alignment and strength of muscle and ligament tissue. Achieve normal range of motion. Allow for normal ADLs. <p>Treatment Frequency</p> <ul style="list-style-type: none"> ● 1x / week until symptoms resolve for one week ● 2x / month with evaluation every 6 treatments or as needed based on new complaint or exacerbation ● 1x / month for preventative care if symptom-free for 1 month 	<ul style="list-style-type: none"> <input type="checkbox"/> Chiropractic Manipulation <input type="checkbox"/> Graston/Manual Therapy <input type="checkbox"/> Spinal Decompression <input type="checkbox"/> Specific Massage <input type="checkbox"/> Home Exercise Program / Active Care <input type="checkbox"/> Acupuncture / Cupping <input type="checkbox"/> Injection Therapy <input type="checkbox"/> Kinesiology Taping - Performance <input type="checkbox"/> Nutrition <ul style="list-style-type: none"> ▫ Increased Hydration ▫ Chondro-Flx ▫ Omega's <input type="checkbox"/> Referral / Co-management <ul style="list-style-type: none"> ▫ Physical Therapy ▫ Orthopedist ▫ Neurologist ▫ Primary Care Physician ▫ Lawyer <input type="checkbox"/> Imaging <ul style="list-style-type: none"> ▫ X-ray ▫ MRI <input type="checkbox"/> Introduce / Resume Fitness Plan

Chronic / Permanent Stage (1 year +)

Timing & Goals	Treatment Recommendations
<p>Improvement in symptoms of pain, strength, and range of motion. Treatment focus will be to prevent exacerbations, degeneration and progression of symptoms</p> <p>Treatment Goal</p> <ul style="list-style-type: none"> ● Maintain status, prevent deterioration/degeneration, improvement of performance and mobility <p>Treatment Frequency</p> <ul style="list-style-type: none"> ● 1x / month with evaluation every 6 months or as needed based on new complaint or exacerbation 	<ul style="list-style-type: none"> <input type="checkbox"/> Chiropractic Manipulation <input type="checkbox"/> Active Rehab <input type="checkbox"/> Cardiovascular Exercise <input type="checkbox"/> Strength Training <input type="checkbox"/> Manual Therapy <input type="checkbox"/> Therapeutic/Sports Massage <input type="checkbox"/> Kinesiology Taping - Performance <input type="checkbox"/> Co-Management <ul style="list-style-type: none"> ▫ Physical Therapy ▫ Primary Care Physician ▫ Orthopedist ▫ Neurologist