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"treating the cause of your problem, not just the symptoms"

Understanding Whiplash

It is likely that everyone in the Nicola Valley knows someone directly or indirectly that has suffered from whiplash. Years ago, very little was known about this injury. Due to the extensive costs of treating it, much more research is now being done. I have highlighted some interesting facts that have arisen from these studies.

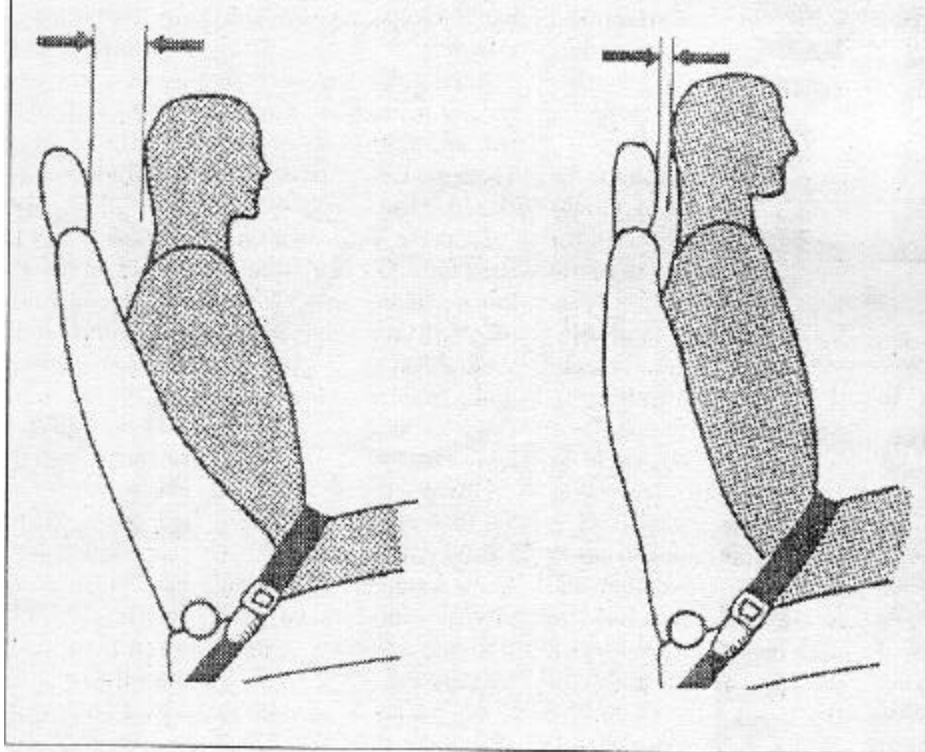
The most common cause is a motor vehicle accident but it can easily occur in situations that do not involve motor vehicles.

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Of significant importance is also the position of the person in the car. If the person had their seat reclined to have a nap or they were slouched forward to read a map, the severity and location of the neck injury could be quite different. If the person had their neck turned forty-five degrees one way, the injury will generally be much worse.

It makes a difference if the person could see the impact coming. The muscles of the neck cannot contract fast enough to brace against the forces of being hit unless the person can see the oncoming car ahead of time. If the muscles are relaxed when the impact occurs, the neck will be stretched further and more damage may occur.



If the headrest of the seat is too far from the head, it cannot stop the head from snapping backwards and the injury will be worse. The greater the distance between the head and the headrest, the greater the potential damage to the neck.