



Chiropractic Care for Whiplash



Overview

If you have a whiplash injury, you know how much it can affect your daily life. Whiplash happens when the upper part of your spine, called the "cervical" spine, jerks back and forth violently. Whiplash pain may begin in your neck, but it can travel through your shoulders, arms and hands. It can cause headaches and problems with your vision, hearing and memory. It can make it hard for you to stay focused, and it can keep you from being active. A chiropractor can find the source of your pain, and can help give you relief.

Exam

Chiropractic care begins with an exam. Your chiropractor will study your neck, shoulders and back. Gentle bends and twists of your neck can help find problems with your spine, ligaments and muscles. X-rays can help show a spinal misalignment or another problem causing your pain or making it worse.

Care and Management

Chiropractic adjustments and exercises may make your neck feel better. Orthotic devices or other options may also help. You may benefit from a continuing care plan. Your chiropractor can create a plan that is right for your needs.

