

Okay one day, stiff the next?



We all know that feeling when the brakes are put on just a little too hard and our head jerks forward before the rest of our body catches up, right?

Whiplash. Also called acceleration-deceleration injury, it can be a combination of injuries involving muscles, ligaments, vertebrae, discs, nerves and blood vessels of the cervical spine (Fiona Rattray, 1994).

It occurs when the head sustains rapid movement relative to the rest of the body and may be inflicted in a car accident, through impact in sports, or even felt when you miss a step going down the stairs.

What has actually happened is that upon impact the head may hit the chin, shoulder or back before the cervical spine reaches its anatomical limit of motion thus straining and damaging the surrounding tissue and components around the neck and upper back. It is not uncommon for symptoms to affect the thoracic and lumbar regions as well.

Signs and symptoms can occur hours after the initial incident or may not present themselves until days, weeks or even months afterwards.

People often complain of stiffness, neck, shoulder and upper back pain, digestive problems, earaches, pain on chewing and swallowing, difficulty sleeping etc.



Car accidents are primary caused whiplash

Whiplash

Problems concentrating? Sleepless nights?

Many people experience problems thinking, concentrating, and remembering after a car accident. The most common causes are pain and insomnia. Pain can affect the way our brain processes information. If you already have problems thinking throughout the day, you should stay away from narcotics and muscle relaxants *during* the day.

Good, restorative sleep is another problem after car accidents. Most patients can't sleep because of pain and even others suffer from

nightmares. This in turn will affect your ability to concentrate and remember. Here are some ideas to help increase you sleep, some should be discussed with your doctor:

- control pain at night with anti-inflammatories, pain relievers or muscle relaxants
- learn biofeedback and relaxation techniques
- sleep with the room colder
- eliminate coffee, soft drinks and other foods with caffeine www.whiplash101.com/mildtbi

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Special points of interest:

- *You only have until the end of the week to pledge your donations and help the Back to Health team in supporting the CIBC Run for the Cure!*
- *October 6th, 2002 the Back to Health team participates in the Run for the Cure!*
- *Happy Halloween! Owheooooo!*

How to treat Whiplash...

All of the modalities of health that are offered at the Back to Health Chiropractic Centre are highly recommended for whiplash and whiplash associated disorders. Together they can get you back on the road to health in no time at all!

Chiropractic is most effective in the first 3 months after injury. It helps to loosen stiff joints in the neck, low back, and sacroiliac joint (your pelvis).

Acupuncture is a good pain reliever and most effective for short-term relief. Some patients may respond better than others and it is always up to you how long you continue this form of treatment. Dr. Rodwin chooses the needle points based on your health history and the nature of the injury.

Massage helps to relieve pain by reducing muscle spasms and tightness. It can also begin to breakdown

lesions and scar tissue that may have formed in the healing process.

Active Release Technique is an even more effective way of treating scar tissue. ART works by the therapist locating tissue adhesions then applying pressure to it as the muscle is stretched. It a safe and fast way to return the body to optimal health.

All of these treatments work well on their but work even better in conjunction with one another. If you have any questions, ask any one of our health practitioners about the different services offered in the clinic and find out if one may suit you!



Headrests: more than a place to just relax your head.

Head restraints, otherwise know as headrests, prevent the head from going too far back in a rear end crash. There are a couple of things that you should look at in your own car for maximum safety.

1. Make sure the center of the back of your head is at the center of the head restraint. This will mean that you might have to adjust it up.
2. Make sure the back of your head is close to the

restraint. This might mean that you have to tilt it forward.

The more room that is between you and the head rest means that there is greater room for you head to snap before coming to rest. Even low velocities can have an impact on the muscles and joints so don't be fooled into thinking that only the fast drivers have anything to worry about!

Health and Pumpkin Seed Oil

If your health kick is on here is another source of all the good things Mother Nature has to offer. Pumpkin seeds and pumpkin seed oil is a rich source of vitamins E, B1, B2, B6, C, A, and D. It packs a punch in minerals containing potassium, phosphorous, magnesium, calcium, iron, copper, selenium and zinc. If you look at its caloric content you are provided with 612 kcal of energy for 100g of pumpkin seeds.

Pumpkin seeds that you get in the health food store are a great snack item or can be toasted and sprinkled over salad. Pumpkin seed butter (similar to peanut butter) is also available.

Other suggestions include using the oil as a salad dressing or as a marinade for feta cheese.

The oil that you are likely to buy is what is known as Styrian pumpkin seed oil. Styria is a region in the south east of Austria. The oil pumpkins are a special variant of the large group of pumpkins. It is a yellow-green pumpkin with shiny dark green seeds inside.



Not just a pretty face!