

# I have whiplash, can Chiropractic help me?

Imagine being in your car, with your family, crossing 100<sup>th</sup> street in Urbandale when suddenly you hear a screeching of tires and the harsh sound of metal hitting metal. What happens in that split second, can have tragic consequences. And what you do (or don't do) in the next hours, days and weeks can affect your health forever.

**A chiropractic examination within 72 hours is essential.** If your car sustained little or no damage, don't assume your injuries are minimal as well. Motor vehicles are designed to allow for impacts of up to 15 miles per hour. *What does that mean?* Your car can be damage free, but you may not be as lucky. Pain pills and muscle relaxers won't heal inflamed tendons, ligaments or torn muscles.

The reason why arm pain, numbness or tingling may accompany neck pain is that the nerves exiting from the neck (injured area) go to the muscles of the neck and down into the hands. Even low back pain can result from the injury.

Specific chiropractic adjustments, because they can help regain proper motion and position of individual spinal bones, can help your body properly heal. Doctors of chiropractic can help you get well and stay well after the devastation of a motor vehicle accident.

You can be normal again after a car accident. Many chiropractic patients report an end to their symptoms after care. Waiting to seek appropriate care may cause spinal instability and scar tissue to form. So don't wait, get a Chiropractic evaluation as soon as possible.

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