

Neck Pain & Whiplash Treatment, Causes, & Symptoms

Causes/risk factors:

What Causes Whiplash / Neck Pain?

A sudden force that thrusts the head back and forth in a whip-like motion (acceleration- deceleration motion) can injure the bones, muscles, disks, ligaments, and nerves.

Acceleration - Deceleration cervical injuries commonly known as **whiplash**, neck injuries are very often seen in car accidents, sports, accidents at work, result from sharp **hyperflexion** and **hyperextension** that damages muscle, ligaments, disks and nerve tissues, causing major discomfort in the neck area.

Symptoms:

- Severe neck pain, if the injury is mild the pain may delayed 12 to 24 hours.
- Dizziness, gait disturbances.
- Vomiting.
- Tension Headaches, nuchal rigidity.
- Rigidity or numbness in the arms.
- Shoulder pain
- Ringing in the ears
- Low back pain and/or stiffness
- Pain in the jaw or face
- Blurred vision
- Difficulty swallowing
- Irritability
- Fatigue

Treatment:

Our acupuncture clinic uses a new injury herbal patch that is applied on the neck area, and a bandage to keep the medicine applied. In this case please do not use any massage therapy or Chiropractic treatment. Bed rest will help to speed the recovery of injury, **Physical Therapy may also aggravate the problem**, Do not do any exercise at this time. Exercising will also aggravate the problem.

Acupuncture may relieve some pain but we do not choose the point of the neck area to avoid discomfort from needles. X-ray's are recommended after injury especially if the patient noted some severe pain right after injury, or if the symptoms are not getting better in a week.



Dr. David Peng | Pengs Herbal Science and Acupuncture Clinic | Houston, TX 77036 | <http://www.pengsacupuncture.com> | <http://www.pengsherb.com>