


The METRO SPORTSMED WINTER NEWSLETTER

Tuesday, January 19, 2010

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METRO SPORTSMED®
Physical & Occupational Therapy

Whiplash is defined as a sudden *extension* (backward movement of the neck) and *flexion* (forward movement of the neck) of the cervical spine. This type of trauma is also referred to as a *cervical acceleration-deceleration* (CAD) injury. Rear-end or side-impact motor vehicle collisions are the number one cause of whiplash with injury to the muscles, ligaments, tendons, joints, and discs of the cervical spine.

In this issue, we will help you understand:

- what parts make up the spine and neck
- what causes this condition
- how doctors diagnose this condition
- what treatment options are available

For additional research articles, please visit our online library @ <http://metrosportsmed.patientsites.com/article.php?aid=308>

Thank you for choosing us as your rehabilitation provider,

The **METRO SPORTSMED®** Team

www.metroportsmed.com

718.METROSPORTSMED

718.638.7677

Free Lecture: Knee Pain and Arthritis

Guest Speaker: Dror Betzalel, PT, MS, DPT

Thursday: January 21st , 2010

Time: 12:30-1:30 pm

Place: **METRO SPORTSMED®** Physical & Occupational Therapy

1309 Avenue J

Brooklyn, NY 11230

For more information please contact :
jsheinberg@metrosportsmed.com

ASK US ABOUT THE METROFIT™ Nutrition Program
Daniel Spira-Bleier, RD, CDN
Registered Dietician

Our goal is to help you achieve a healthy lifestyle. We offer nutrition management for weight loss and chronic diseases. At **METROFIT™** your success is our top priority, therefore we work with you to find the diet that best fits your lifestyle. Our Registered Dietitian* will ensure you receive medically sound nutrition advice.

For more information or to register please call:

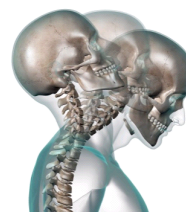
CALL 718 METROFIT (718-638-7634) or email:

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Whiplash Can Be A Real Pain In the Neck!

Whiplash, a common cause of neck pain, is caused by an injury to muscles in the neck. The most common cause of whiplash is a car accident.

Note that the speed of the cars involved in the accident **may not** be directly related to the amount of physical damage to the neck. Speeds **as slow as 15 miles/hour** can cause damage to the tissues in the neck, especially if you don't wear your seat belt. So **always** take extra precautions during poor driving conditions and extreme traffic to save you and your loved ones many years of neck pain!



Whiplash can also be caused by neck injuries due to contact sports (football, wrestling), falls (beware of slippery floors or icy roads) and even repetitive neck stress like consistently holding a phone headset between your head and shoulder. These factors put undue strain on your neck muscles.

Wondering if you might have whiplash? Common symptoms include:

- Neck pain or stiffness
- Blurred vision
- Swelling of the neck
- Neck tenderness, especially on the back of your neck
- Muscle spasms within your neck muscles
- Muscle tension that makes moving your neck from side to side difficult

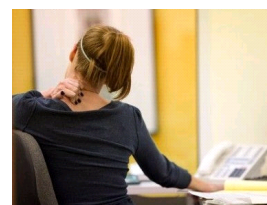
Always consult a physician as soon as possible after you feel the first symptoms of whiplash. The physician will diagnose the extent of the injury and recommend treatments, which might include wearing a neck brace to stabilize the neck, prescribing anti-inflammatory medications to ease the swelling and pain, and utilizing exercise to help you restore function.

Don't Ignore The Pain..

You might think that your symptoms aren't severe enough to require medical attention and decide to 'live with it', maybe popping a few over-the-counter pills for pain relief.

The truth is, not seeking proper treatment for your whiplash injury will only make the problem worse.

Seeking the right treatment in a timely manner from our



Visit our new [Patient Education Resource](#) link to learn more about the causes and treatments for various musculoskeletal conditions.

METRO SPORTSMED's Hand & Upper Extremity Division Expanded

OT Services now offered at MIDWOOD & BORO PARK locations

Follow Us on Twitter ; twitter.com/metrosportsmed

[Visit our ONLINE STORE for knee braces and other products](#)

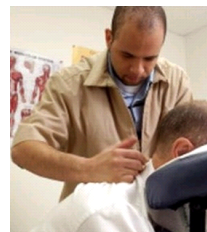
team can bring relief and prevent months, perhaps years of pain and anguish after the accident. Your best bet is to seek help from experienced professionals, like a METRO SPORTSMED® physical therapist as soon as you suspect that you or a loved one might have whiplash.

Passive And Active Treatment Options

The use of physical therapy and controlled exercises after a whiplash injury can help ensure that your muscles regain their full functionality over time. You might need to begin with some passive treatments and gradually progress to active exercises.

These include:

- **Cold therapy.** Immediately after an injury, applying cold to the injured area for 15-20 minutes helps reduce inflammation and lessen pain and muscles spasms. Make sure you don't apply the ice directly to your skin. Use a towel between the ice and your neck.
- **Soft / deep tissue massage.** With this technique, your physical therapist applies controlled, direct pressure to the neck muscles, which helps release tension in the soft tissues, improves blood flow and aids in a speedy recovery.
- **Heat therapy.** Heat applied directly to injured muscles draws more blood to the area, which results in more oxygen and nutrients to help with the healing process. Be careful not to use heat before the first 24-48 hours, as it can cause more swelling!
- **Ultrasound.** This technique increases blood circulation by sending sound waves deep into your muscle tissues. The result is a decreased occurrence of muscle spasms, swelling, cramping, pain, and stiffness.



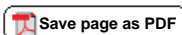
In addition to these, active treatments will be incorporated. These treatments will vary based on the severity of your injury, your levels of health and fitness prior to the injury, and healing rate. The goal at METRO SPORTSMED® Physical and Occupational Therapy is the same as yours: To help you get rid of pain and return to your normal activities as soon as possible!

Call us to schedule your consultation today: Dial 718 METROSPORTSMED (718-638-7677)

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