

Don't be a Victim to Whiplash

Did you know that in Canada whiplash injuries account for over 2 million insurance claims each year? And that whiplash can happen in more than just car accidents? In fact, slip and falls along with sporting injuries (contact and non-contact) are also large contributors to the number of ack injuries.

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Trevor Christie, a local physiotherapist, says whiplash includes a multitude of injuries that are often fairly similar, but also very individual. In essence, whiplash occurs when there is a force strong enough to exceed bodily tissues' ability to absorb or withstand the force resulting in failure of the tissue. The result, most frequently is relatively common micro-trauma injuries such as sprains and strains, but at times can result in more serious macro-trauma such as broken bones, injuries to joint surfaces, nervous tissue, discs or worse.

According to Christie, although there is a large continuum of injuries in the whiplash spectrum, a physiotherapist should look at even minor injuries. "Injuries, such as whiplash, are similar to

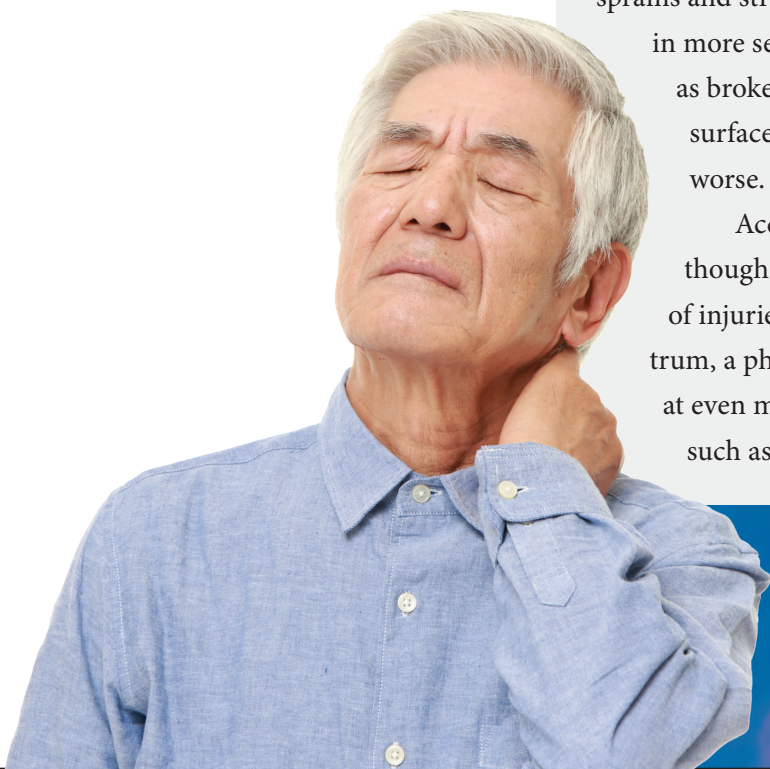
a cut on your skin," he says. "The force to the skin was greater than it could handle and it reacts by bleeding, scarring and eventually replacing said area with new 'scar' tissue – all a normal and required part of the healing process but as you can see the new skin tissue is not the same as was there before the cut."

With whiplash however, the injured or bleeding tissues are simply deeper than the skin. Ligaments, muscles, connective tissues, joint surfaces and discs are some of the common structures injured. As is the case with the skin, the new scar tissue is often thicker, disorganized and affects tissue functions. Christie states that after a whiplash injury, scar tissue can create many issues. Namely, it affects the ability for joints to move and track properly, muscles to function and create force properly, and even how nerves convey messages to

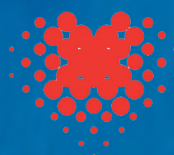
and from tissue, just to name a few.

Fortunately a physiotherapist can do a thorough and in-depth physical examination to create a treatment plan to help restore proper movement, extensibility and force development in your joints, muscles, ligaments, nerves and connective tissues. The process will allow for quicker tissue healing and improved remodeling of your tissues which will serve you well now and in the future.

Christie points out how important early and proper treatment can be but also that a physiotherapist may be able to help with old injuries as well. Lack of quality management can result in chronic headaches, arthritis, nerve and myofascial pain. A physiotherapist wants to see you return to the pre-injury you, please seek treatment. After all, you're worth it.



YOUR PHYSIOTHERAPIST HAS THE ABILITY TO USE A BROAD RANGE OF TREATMENT TECHNIQUES TO HELP YOU GET BETTER.



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