

WHIPLASH UPDATE

continued from page 11

lash injury.

19. Facet joints are innervated with a tremendous amount of mechanoreceptors and nociceptors that transmit joint proprioception and pain information.
20. The atlanto-occipital joints, the atlantoaxial joints, and the C2-C3 joints are the primary pain generators of cervicogenic headaches.
21. Corticosteroid injections into the facet joints do not benefit chronic facet pain patients.
22. Whiplash injuries are true pathologic entities associated with significant morbidity, [which indicates that they are not biosocial, they are organic].
23. "Often, patients with whiplash symptoms have no objective findings and negative radiographic studies."

A review of the literature refuting the concept of minor impact soft tissue injury

Pain Research and Management
2005 Summer;10(2):71-4

Centeno CJ, Freeman M, Elkins WL
This article cites 63 references

KEY POINTS FROM DAN MURPHY

1. Minor impact soft tissue (MIST) is an insurance industry concept that seeks to identify late whiplash as a psychosocial phenomenon rather than an organic injury.
2. There are a significant number of studies that refute the MIST concept, and a review of the literature does not support the validity of MIST.
3. US automobile insurance companies launched the MIST concept in the mid 1990s.
4. The MIST theory claimed that it is virtually impossible to sustain permanent or serious injury in a low-damage car crash, yet it is supported by only a few flawed studies, because they used staged crashes that were specifically designed not to injure the participants.
5. **[Insurance companies are basing a patient's injuries on the examination of the car rather than on the examination of the patient. This is absurd.]**
6. Well-done studies show that lower delta Vs increase the chronic injury rate by a factor of between 2 to 4 times.
7. Stiffer vehicles (with a tow-hitch on the rear) when struck, increase patient injury while reducing vehicle damage. MIST programs do not take this into account when determining injury risk. **[IMPORTANT]**
8. Well-done studies have documented "objective clinical deficits" in both men and women subjects at collisions that produced a delta V as low as 2.5 mph.
9. The duration of symptoms in women is significantly longer than in men.
10. There is no connection between delta V and injury. **[Very Important]**
11. One of the main reasons that MIST is flawed is because "studies presented at international congresses [on whiplash] show that vehicle stiffness has increased to reduce property damage in low-speed crashes." **[The KEY POINT] [Stiffer vehicles have less property damage in a collision, but move more, resulting in greater occupant injury.]**
12. Also, whiplash injuries are increasing because seats have been made stiffer to avoid rearward occupant ejections [a byproduct of making vehicles stiffer]. As seats are made stiffer, the shear forces that injure the neck increase. **[Key Point]**
13. "The lack of a direct link between delta V and long-term neck injury rates calls into question the validity of a no damage, no injury policy." **[Very Important]**
14. Whiplash is proven to injure the dorsal root ganglion, cause fractures

of the facet joints, tear the anterior longitudinal ligament, and injure the facet capsules. These injuries cannot be detected on advanced imaging. **[A Very Important Point]**

15. Significant joint and ligament injuries occur at low speeds, and these injuries have been confirmed in live volunteers. **[Very Important]**
16. Numerous studies have proven that the facet joints are the primary source of chronic whiplash pain, and that the chronic pain is not coming from self-limiting muscle injuries.
17. Chronic whiplash patients have different sensory thresholds than normal controls, indicating that these patients feel pain that others do not.
18. Another cause of chronic whiplash injury is serious, permanent injuries to the ligaments of the upper cervical region, including the alar and transverse ligaments, the posterior atlanto-occipital membrane and tectorial membranes. These ligament injuries can be visualized with high resolution [proton density weighted] MRI.
19. Whiplash injured patients have a 160% to 370% increased risk for headache, thoracic and low back pain, fatigue, sleep disturbances and ill health compared to controls.

CONTINUED ON PAGE 19



Visit us online for detailed information:

www.nmt.md

Or Call Now to Register

541 - 720 - 1383

The Power to Heal - beyond your wildest expectations!

NMT: The Feinberg Technique

Announcing the Marriage of Western Science and Energetic Medicine.

Comprehensive Level Seminar Schedule 2005

***All new faster, easier seminar format!**

San Francisco, CA : Oct. 7-9, 2005

Italy : October 2005 - Location to be announced.

Seminar Fee includes all meals during seminar and instructional materials.

Visit Us Online for Advanced I & II Level Seminar Schedules

The Future of Energetic Medicine is Here Now.

WOULD YOU LIKE TO...?

- Use the one TECHNOLOGY that marries WESTERN SCIENCE and ENERGETIC MEDICINE in a powerful and complete system of healing based on ANATOMY & PHYSIOLOGY and informed by concepts of ORIENTAL and AYURVEDIC medicine!
- Fix chronic MUSCULOSKELETAL pain and NEUROLOGICAL problems in minutes by correcting errors in nervous system information processing - NO FORCE, NO RISK to patient!
- Learn to heal from the ABOVE/DOWN - INSIDE/OUT (Herring's Law). Don't waste patient's time and money on therapies that try to trigger healing from the outside!
- Resolve ALL types of IMMUNE disorders - ALLERGY, AUTOIMMUNE, ARTHRITIS, CFIDS, FIBROMYALGIA, GI and ENDOCRINE disorders - hypo/hyper thyroid, and MORE!
- Free yourself from the TYRANNY OF HEALTH INSURANCE companies. Patients VALUE NMT care. NMT increases CASH payments, decreases insurance billings and INCREASES PROFITS, and decreases stress to you and your staff!
- CORRECT the EMOTIONAL ASPECTS of the disease-process in moments!
- Achieve CONSISTENT SUCCESS in food and respiratory ALLERGIES.

ARE YOU TIRED OF...

- Sifting and sorting VIALS or needing a "special vial" you don't have to treat a condition? Repeating procedures that seem ARBITRARY?
- Being taught that 'EVERYTHING IS AN ALLERGY' and PSEUDOSCIENTIFIC procedures with no clear rationale?
- BEING INTIMIDATED BY NEUROLOGICAL CONDITIONS?
- The FRUSTRATION of not being able to consistently help autoimmune disorders?
- NOT BEING MORE EFFECTIVE with conditions such as rheumatoid arthritis, multiple sclerosis, multiple chemical sensitivities, fibromyalgia, chronic fatigue syndrome, and other complicated cases?

Patent Pending

WWW.NMT.MD