

## WHIPLASH UPDATE

continued from page 18

20. Whiplash injured patients have a 3-fold increase of neck and shoulder pain 7 years after rear-end crash exposure, compared to controls.
21. 70% of whiplash patients report symptoms related to the original crash 15.5 years later.
22. 30-35% of patients reported that they were disabled 17 years after whiplash injury, while only 6% of controls were disabled.
23. The vast majority of work published in the last 10 years does not support MIST. **[Very Important]**
24. "The MIST program does not have overwhelming scientific support." **[Very Important]**

### The fluctuation in recovery following whiplash injury 7.5-year prospective review

#### Injury

Volume 36, Issue 6, June 2005, Pages 758-761

P.J. Tomlinson, M.F. Gargan and G.C. Bannister

#### KEY POINTS FROM DAN MURPHY

1. The psychological symptoms suffered by whiplash patients are secondary to physical injury.
2. In this prospective study, 7.5 years after sustaining whiplash injury:
  - A. 29% of the patients had no symptoms.
  - B. 48% had mild symptoms that did not interfere with work or leisure.
  - C. 21% had intrusive symptoms that interfered with work and leisure and required continued treatment and drugs.
  - D. 2% had severe problems that required ongoing medical investigations and drugs. This means that 71% of patients had symptoms 7.5 years after being injured.
3. The symptoms of whiplash-injured patients fluctuate widely during a 7.5 year period.
4. It takes 2 years for whiplash symptoms to stabilize.
5. 64% of whiplash-injured patients have the same symptom severity at 7.5 years that they had at 3 months. Therefore, most [64%] whiplash-injured patients require intensive management during the first 3 months following injury if there is any hope of altering this long-term chronicity.
6. 17% of whiplash-injured patients will have symptom improvement between 3 months and 7.5 years.
7. 19% of whiplash-injured patients will have symptom deterioration between 3 months and 7.5 years.
8. "Between 3 months and 2 years symptoms fluctuate significantly and during this time any estimation of patients' prognosis will be unreliable." **[Very Important]**
9. The cause of this fluctuation is "important in medico-legal reporting since patients' outcome can only be predicted at 3 months and not

confirmed until 2 years."

**[Very Important]**

10. "Therapeutically, the greatest potential for influencing the natural history of whiplash is within 3 months before symptoms become established."
11. **[I believe that in an effort to reduce chronic pain and disability from whiplash injuries, we should treat the patient daily for 2 weeks and then 3X per week for 10 weeks.]**
12. **[The assertion that whiplash-injured patients should recover in 6-12 weeks is absurd.]**

### A randomized controlled trial of an educational intervention to prevent the chronic pain of whiplash associated disorders following rear-end motor vehicle collisions

#### Spine

Vol. 30 No. 16; August 15, 2005, pp 1799-1807

Brison, Robert J. MD; Hartling, Lisa BSc, PT; Dostaler, Suzanne MSc; Leger, Andy PhD; Rowe, Brian H. MD; Stiell, Ian MD; Pickett, William PhD

#### KEY POINTS FROM DAN MURPHY

1. Common whiplash symptoms include neck pain, headaches, dizziness, visual disturbances, impaired concentration, and sensory changes in the upper extremities.
2. There are many who suffer from chronic pain from whiplash trauma. In this study, six months after being injured, the number of patients with chronic pain was between 30%-49%.
3. Previous research has shown that there is a 35% prevalence of persistent whiplash symptoms at 6 months following a rear-end motor vehicle collision.
4. Being given a video that provides reassurance and basic advice about posture, early return to regular daily activities, range of motion exercises, and the use of pain-relief methods including ice, heat, and analgesics, reduced the incidence of chronic pain by between 8%-11%.
5. The presence of persistent chronic whiplash symptoms at six months following injury is high, whether the patient is given the advice video or not.
6. There is "strong evidence to support the effectiveness of early active mobilizing exercises in acute whiplash patients."
7. 32% of whiplash-injured patients are using pain medication for their symptoms 6 months after injury. **[Long-term pain medication use is associated with a plethora of potentially catastrophic events, such as gastrointestinal bleeding (including fatal bleeding), liver failure, kidney failure, hypertension, pancreatic cancer, breast cancer, stroke and heart attacks. Why is it not acceptable for these patients to see a chiropractor for**

CONTINUED ON PAGE 20



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