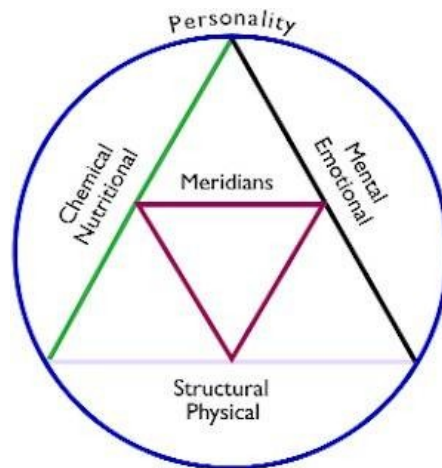




My Physios Fourways

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WHIPLASH – A HOLISTIC VIEW



Consider someone who has suffered a whiplash injury during a motor vehicle accident, and who hasn't fully recovered. Although she has treatment, periodically she suffers from acute symptoms of muscle spasm, nerve impingement and restricted range of movement.

This in turn causes negative thought patterns and emotions, with considerable disruption in lifestyle. Depression is one of the cluster of symptoms that occur with whiplash!!

Severe emotional stress would also have accompanied the accident, so the mental emotional aspect of the injury would also be involved in the primary cause and the ongoing symptoms.

Although she may have had numerous treatments, a full recovery would not have occurred since the psychological aspect of the injury hasn't been addressed.

There must also be a nutritional component to the injury. The damage to the nervous system will have caused improper digestion; this combined with the loss of appetite from depression will have a detrimental effect on the neuro-endocrine system and may lead to hormonal imbalances.

This cycle would continue to grow upon itself. When we look at this hypothetical case it is clear that working from only one side of the Triad of Health, the structural side with massage, mobilisation etc, will not resolve the symptoms on a permanent basis!