



SYMMETRY

PHYSIOTHERAPY

WHIPLASH

Whiplash is a term used to describe neck pain following an injury to the soft tissues of your neck. It is caused by an abnormal motion or force that causes movement beyond the neck's normal range of motion. Commonly whiplash occurs as a result of motor vehicle accidents, sporting activities, and accidental falls.

A number of different structures may be injured by a whiplash injury including:

- Spinal muscles
- Spinal discs
- Spinal joints
- Supporting ligaments
- Vertebrae (fractures)

In most cases a combination of these structures will be affected and an X-ray is often recommended if a high velocity injury has occurred. Whiplash injuries will usually result in neck pain and stiffness but it is not uncommon to experience additional back pain, shoulder and arm pain, and headaches. Symptoms are not always immediately present, and there may be some latency before they appear.

Physiotherapy is recommended in the treatment of managing a Whiplash injury. Physiotherapy is initially aimed at reducing any muscle spasm and restoring normal range of motion usually employing hands-on techniques such as:

- Massage,
- Mobilization
- Stretching
- Stability exercises
- Heat

It is important that normal movement is maintained or restored as early as possible as this usually is associated with a good recovery. In most cases it is also important to strengthen the small muscles that give your neck support. Your physiotherapist will guide you through a rehabilitation program incorporating appropriate exercises to assist you back to normal activity and life.



Locations

Altona North

Corner of Mason and Mills Street,
Altona North, 3025
9392 2288

Hoppers Crossing

Sports Medicine Centre
333 Old Geelong Road
Hoppers Crossing, 3029
9369 4999

Sunshine

Medical One Medical Centre
Sunshine Plaza Shopping Centre
324 Hampshire Road
Sunshine, 3020
93117266

Sydenham

Medical One Medical Centre
Corner Overton Lea Blvd and
Keilor Melton Hwy
Sydenham, 3037
9390 3033

Tarneit

412 Derrimut Rd
Tarneit, 3029
8742 2088

Taylors Lakes

Medical One Medical Centre
Corner of Sunshine Ave and
Keilor Melton Hwy
Taylors Lakes, 3038
9390 8488