



Arrowhead Clinic Posts Whiplash Frequently Asked Questions Article

April 30, 2019

ATLANTA, GA - April 30, 2019 - PRESSADVANTAGE -

Arrowhead Clinic, which is based in Atlanta, Georgia, has announced that they have recently published an article providing answers to eight frequently asked questions regarding whiplash injuries. The doctors at the chiropractic clinic had written the article to help people get a better understanding of whiplash, its various symptoms, and how it can be treated. Whiplash is a soft tissue injury possibly affecting the muscles, tendons, ligaments, and other soft tissues, particularly in the neck because of a sudden whip-like motion.

Johnny Brown, spokesperson for Arrowhead Clinic, says, "Despite its prevalence, whiplash still flies under the radar in terms of significant car accident injuries. Chances are, there may be a significant amount you don't currently know about whiplash. That is why the doctors at Arrowhead Clinic in Atlanta have constructed this Whiplash FAQ page to help people gain a better understanding of what whiplash is, what are the symptoms, and how you can get treated."

Another one of the frequently asked whiplash questions has to do with the common causes of whiplash. The most frequent cause of whiplash is an auto accident, particularly when the car the victim is driving or riding in is rear-ended. In this kind of accident, the neck is forced forward and back violently. Other possible causes

are physical abuse, sports injuries, rollercoaster crashes, assault, and other trauma.

Another important question regarding whiplash has to do with its symptoms. The symptoms may not readily be apparent but when they begin to appear, they include: pain and/or stiffness when moving the neck from side to side; overall tenderness in the area; pain when rocking the head back and forth; headaches below the skull; reduced range of motion; upper back pain; shoulder and back pain; tightness in the neck; insomnia; ringing in the ears; dizziness; and anxiety.

Another common question from people has to do with the consequences of whiplash injuries when they are left untreated. It should be noted that the symptoms usually do not appear immediately. This is because the adrenaline rush because of the accident can mask the effects of the injury. Thus, it is quite common for the symptoms to appear days or even weeks after the accident. Unfortunately, soft tissue injuries can take a long time to heal, and the longer treatment is delayed, the longer it will take to completely get rid of the whiplash symptoms. And if it is left untreated, it could result in permanent chronic pain.

In evaluating whiplash, doctors perform an exam that assesses the mobility and pain response of the spinal joints. The exams that are performed include: x-rays, reflex testing, cranial nerve examination, motor skill tests, and motion palpation and compression testing.

There are various treatment methods for whiplash. These include chiropractic adjustments or spinal manipulation; electrical stimulation and muscle relaxation; exercises and stretches; and posture restoration exercises. Chiropractic adjustments are used to help in realigning the bones of the spine, which helps to restore the structural integrity of the body. Electrical stimulation can enhance muscle function and decrease pain. Muscle relaxation can be accomplished by putting gentle pressure on certain sensory trigger points.

Therapeutic exercises and stretches can enhance the patient's range of motion and muscle strength. The doctor can teach the patient these exercises so that the latter can do them at home. And finally, ensuring good, proper posture can help in the proper alignment of the spine. Keeping the neck, head, and the upper and lower back aligned during movement and even while at rest can substantially help in relieving stress on the neck.

Arrowhead Clinic has accident injury doctors and chiropractors to treat whiplash injuries. The clinic was founded by Dr. Harry W. Brown, D.C., who graduated from Logan College of Chiropractic. Arrowhead Clinic has 15 chiropractic clinics in the Atlanta, Savannah, Athens, Hinesville, and Brunswick areas.

Those who are interested in getting treatment from the Arrowhead whiplash chiropractors can visit the Arrowhead Clinic website or contact them by phone or by email.

###

For more information about Arrowhead Clinic Chiropractor Atlanta, contact the company here: Arrowhead Clinic Chiropractor Atlanta Dr. Clifton Weldon, DC (770) 637-0564 info@arrowheadclinics.com 3695 Cascade Rd, Atlanta, GA 30331

Arrowhead Clinic Chiropractor Atlanta

At Arrowhead Clinic in Atlanta, our Cascade Rd location specializes in treating personal injuries for 48 years and is a leader in the field. By utilizing chiropractic and Medical Doctors, we are able to treat your injuries with care and precision.

Website: <https://www.arrowheadclinic.com/chiropractor/georgia/atlanta>

Email: info@arrowheadclinics.com

Phone: (770) 637-0564



Powered by PressAdvantage.com