

September 2015 Issue

## Dangers of Untreated Whiplash

Car accidents are a common cause of whiplash injuries. Due to the rush of endorphins, many people think that they are fine after an accident, but later feel the effects. It is advisable to have any injury looked at by a professional. The domino effect of not treating whiplash can have a very real impact on your quality of life. The dangers of letting a whiplash injury go untreated include:



### Chronic Pain

Injuries to the neck caused by a sudden movement of the head can result in extremely uncomfortable chronic pain if left untreated. In addition to neck pain, patients who suffer whiplash often complain of severe headaches that, as with tension headaches, are often felt behind the eyes. There is also the risk of chronic shoulder pain as the result of an untreated whiplash injury. If you have experienced whiplash and want to avoid the discomfort of chronic body aches and pains, then visit your chiropractor as soon as possible.

### Serious Neck Injury

Because neck and spine injuries tend to increase in severity the longer they go untreated, a whiplash injury can lead to extremely serious and painful neck injuries such as spinal degeneration, nerve compression, and slipped discs. Unfortunately, these symptoms can take years to develop, during which time they become increasingly difficult to treat. To avoid developing a serious neck and spine injury, visit your chiropractor right away following a whiplash injury.

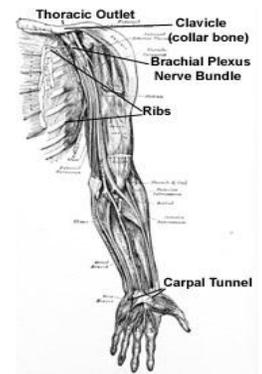
## Thoracic Outlet Syndrome (TOS)

The thoracic outlet is a small space between the collarbone (clavicle) and the first rib. Thoracic outlet syndrome (TOS) is a group of disorders that involve compression, injury, or irritation of the nerves, blood vessels, or veins in the thoracic outlet. This can cause pain in the shoulders and neck and numbness in the fingers. The cause of the compression can vary and may include:

Anatomical defects: Inherited defects present at birth, including a cervical rib—an extra rib located above the first rib—or an abnormally tight fibrous band connecting the spine to the rib.

The symptoms of thoracic outlet syndrome—as well as their intensity—vary between individuals and depend on the location of the compression site. When nerves are compressed, signs and symptoms often include:

Numbness or tingling in the neck, shoulder, arm or fingers an ache in the arm or hand weakening grip. A home exercise program can be a very valuable aspect of any TOS treatment plan. Exercises should be performed slowly and carefully. Each position is taken to the point where a stretch is felt, but no pain. Patients should not bounce to increase the length of their stretches in any positions.



## \*Complementary Massage coupon\*

215-547-6660

Make a chiropractic appointment and bring this coupon in for a complementary massage.

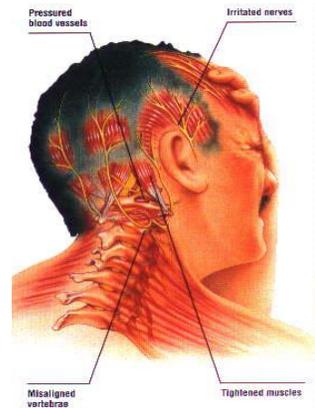
Treat yourself, family member or friend to a massage.



## Chiropractic for Headaches

Headaches affect just about everyone at some point and they can present themselves in many different ways. Some people only experience pain in one part of their head or behind their eyes, some people experience a pounding sensation inside their whole head, and some people even experience nausea, while others do not. The pain itself may be dull or sharp and may last for anywhere from a few minutes to a few days. Fortunately, very few headaches have serious underlying causes, but those that do require urgent medical attention.

Numerous research studies have shown that chiropractic adjustments are very effective for treating tension headaches, especially headaches that originate in the neck. Spinal manipulation resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting relief of tension-type headache than commonly prescribed medications. Spinal manipulative therapy was found to be very effective for treating tension headaches. This study also found that those who stopped chiropractic treatment after four weeks continued to experience a sustained benefit in contrast to those patients who received pain medication. Each individual's case is different and requires a thorough evaluation before a proper course of chiropractic care can be determined.



## Healthy Snack-

### Pan Fried Cinnamon Bananas!

#### INGREDIENTS:

- 2 slightly overripe bananas
- 2 tablespoons sugar (you can substitute granulated Splenda, if you like)
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- Olive oil spray

#### INSTRUCTIONS

- Slice the bananas into rounds, approximately ½ inch thick.
- In a small bowl, combine the sugar, cinnamon, and nutmeg. Set aside.
- Spray a large skillet with olive oil spray. Warm over medium heat.
- Add the banana rounds and cook for about 2-3 minutes.
- During the last minute of cooking on the first side, sprinkle about ½ of the cinnamon mixture over the banana rounds. Flip the rounds, sprinkle with the remaining cinnamon mixture, and cook about 2-3 more minutes, until the bananas are soft and warmed through.



