

# THE SILENT DANGER OF WHIPLASH INJURIES

HEALTH ISSUES #17

Over three million whiplash injuries occur each year resulting from motor vehicle collisions. Of these whiplash injuries, 500,000 people will have chronic problems and up to 300,000 will have some degree of disability. Whiplash is also considered a silent injury in that serious systemic health issues can take days, weeks, months or even years to develop.

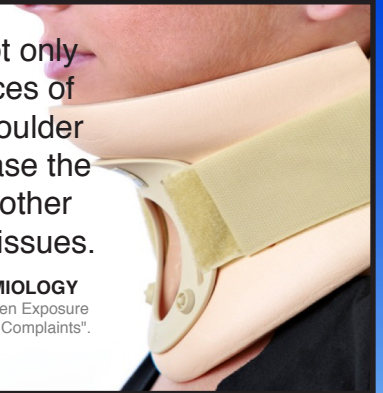
**There is consistent evidence for hypersensitivity of the central nervous system to sensory stimulation in chronic pain after whiplash injury.**

**JOURNAL OF FORENSIC AND LEGAL MEDICINE**

Davis, C. "Mechanisms of Chronic Pain from Whiplash Injury". 2013 Feb;20(2):74-85 2012.05.004

Whiplash injuries not only increase your chances of chronic neck and shoulder pain; they also increase the probability of many other health problems and issues.

**JOURNAL OF CLINICAL EPIDEMIOLOGY**  
Berglund A. et al. "The Association Between Exposure in a Rear-end Collision and Future Health Complaints". 2001;54(8):851-856



"The damage to the vehicles involved in collisions is no indication of the extent of the injuries imposed on the passengers."

**RUTH JACKSON, M.D.**

The Cervical Syndrome. 78 Springfield, II Thomas Publishing, p. 61.



Certain kinds of trauma to the brain and the spinal cord, including whiplash injuries, may act as a trigger for the appearance of symptoms associated with Multiple Sclerosis.

**ARCHIVES OF NEUROLOGY**

Poser, C.M. "Trauma to the Central Nervous System May Result in Formation or Enlargement of Multiple Sclerosis Plaques". Arch Neurol 2000 Jul; 57(5): 1074-7

The longest-running study ever done on whiplash patients looked at their overall health almost twenty years after their automobile accident. More than fifty-five percent of those patients still deal with chronic **pain** and **discomfort** every day.

**ACCIDENT ANALYSIS AND PREVENTION**

L.Hartling, W. Pickett and R. Brison Volume 34, Issue 4 July 02; Pages 531-539

