



PHYSICAL THERAPY
 & sports performance centres



We're dedicated to your recovery

BELMEAD
 PHYSICAL THERAPY
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Motor Vehicle Accident Injuries, WCB, Alberta Health Services, Acute and Chronic Pain, Sports Injuries, TMJ Treatments, Home Exercise Programs, Personal Training, Manipulative Therapy, Acupuncture, Intramuscular Stimulation (IMS), Golf Fitness and Rehabilitation, Running Analysis, Neuro-proprioceptive Taping, Massage Therapy, CranioSacral Therapy, Active Release, Bracing and more!

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WAD Grade Classification

- 0** No complaint about the neck. No physical signs
- I** Neck complaint of pain, stiffness or tenderness only. No physical signs
- II** Neck complaint and musculoskeletal signs. Musculoskeletal signs include decreased range of motion and point tenderness
- III** Neck complaint and neurological signs. Neurological signs include decreased or absent deep tendon reflexes, weakness and sensory deficits
- IV** Neck complaint and fracture or dislocation

Winter 2011 Newsletter

A Turned Head Could Increase the Risk of Whiplash



How often do you turn your head while driving or while sitting passenger in a vehicle? Think about how often you turn to the backseat to talk to someone or check on a child and how often you turn your head both ways to check for oncoming traffic at a stop sign. These instances happen every single day and most people never give second

thought to riding momentarily with a turned head. Whiplash, it turns out, is more likely to occur and even become chronic when the head is rotated at the time of impact.

Whiplash is almost expected when you are involved in a rear end car accident. Most people know that it causes stiffness, pain, and reduced range of motion in the neck and shoulder area, but this condition is more complicated than that. Heavy research has gone on over the years to determine why some people get over the symptoms of whiplash in a

few weeks while others continue to suffer months and years into the future.

It has now been proven that one of the accident factors that often lead to more chronic cases of whiplash is a turned head. Studies have shown that injury to the dorsal root ganglion is more likely in collisions where the head is turned. It is the injury to these neurological structures that is thought to lead to ongoing pain and/or neurological symptoms. These symptoms can last months and even years after the accident.

Whiplash, Headaches & TMJ

There is a lot of controversy surrounding whiplash and it's effects on the temporomandibular joint (TMJ). For many years any connection between the two was denied by the scientific community but those treating TMJ problems routinely saw a connection in patients.

Research published in the Journal of the American Dental Association in 2007 showed there is a connection between whiplash injuries and TMJ pain. Their

findings were as follows:

- There is a connection between whiplash injury and TMJ pain and symptoms but it isn't immediate.
- 1 in 3 people who are exposed to whiplash trauma that causes neck pain will develop TMJ pain and dysfunction during the year after the accident
- 1 in 5 people in a rear-end collision will report that TMJ pain is their main

symptom one full year after the accident.

- The number of people developing TMJ pain increased significantly over time indicating that TMJ pain and problems may be delayed for months after an accident.

So be aware that it's possible that headache pain, or pain in the temples or TMJ may be caused by a TMJ problem. Our staff is specially trained to assess and treat TMJ dysfunctions. Contact us today!