



Diagnosis in Focus: Whiplash

From the desk of: **Carly Bernadotte, PT, DPT**

Whiplash is a neck injury that mostly occurs after a car accident, but can also occur with sudden impact, sometimes in football or other contact sports. What happens is the body and neck are thrown either forward then backward, or reverse, very quickly. That abrupt movement with great force can cause tight, sore muscles and sometimes further injuries. In some severe cases, mild brain injuries can also be involved as the brain hits the skull during the change from acceleration to deceleration.



Symptoms can vary and can include:

- ◇ Numbness and tingling;
- ◇ Pain in the neck, shoulders and upper back;
- ◇ Headaches;
- ◇ Muscle weakness.

Physical therapy is one treatment option that may be beneficial for several of these symptoms. Physical therapy after whiplash can help to decrease the tightness and soreness in the neck

muscles, as well as increase the range of motion your neck has. Therapy can help improve the ability to look up and check your blind spot while gradually decreasing the pain. PT can also help to increase the stability of the neck, which helps relieve a “heavy” sensation of the head on the neck. This can help to decrease the pain one may experience with everyday activities. Physical therapy can also help to reduce the severity and frequency of headaches if they are muscular in nature.

Overall, if you are having ongoing pain in the neck, shoulders and upper back from whiplash, seeing a Physical Therapist may be a good treatment option for you. 80% of patients see relief in symptoms in about 4 weeks from a whiplash injury if they start therapy within the first 1-2 weeks or when cleared by a doctor.

The more severe symptoms from whiplash may have come from a concussion. If you are experiencing any sudden changes in vision, hearing, dizziness or nausea, please seek primary or emergency care immediately.

If you have additional questions, do not hesitate to reach out to a member of our physical therapy team or your Physician.

Quote of the month:

“The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.”

-Harriet Ann Jacobs



Did you know?

- Most people with whiplash improve within a couple of weeks.
- Most rear-end car accidents happen at speeds of 6 -12 mph.
- Rest does not usually cure whiplash.



~ RECIPE OF THE MONTH ~

INGREDIENTS

CHEESECAKE

- 16 oz. cream cheese (at room temperature)
- 3/4 cup granulated sugar
- 1 tablespoon flour
- 3 eggs
- 2 teaspoons vanilla

CARROT CAKE

- 3/4 cup vegetable oil
- 1 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 dash of salt
- 1-8.5 oz. can crushed pineapple (well drained with juice reserved)
- 1 cup grated carrot
- 1/2 cup flaked coconut
- 1/2 cup chopped walnuts

PINEAPPLE CREAM CHEESE FROSTING

- 2 oz. cream cheese, softened
- 1 tablespoon butter, softened
- 1 & 3/4 cups powdered sugar
- 1/2 teaspoon vanilla
- 1 tablespoon reserved pineapple juice

DIRECTIONS

CHEESECAKE

- 1) In a large bowl or electric mixer, beat together 2 packages of cream cheese and 3/4 up sugar until smooth.
- 2) Beat in 1 tablespoon of flour, 3 eggs and 2 teaspoons vanilla until smooth. Set aside.

Recipe credit to: <https://www.food.com/recipe/cheesecake-factory-carrot-cake-cheesecake-114575>

CARROT CAKE CHEESECAKE



CARROT CAKE

- 1) In large bowl, combine oil, 1 cup sugar, 2 eggs and 1 teaspoon of vanilla, blending thoroughly.
- 2) Stir in 1 cup of flour, baking soda, cinnamon and dash of salt. Mix well.
- 3) Stir in drained pineapple, carrots, coconut and walnuts.
- 4) Spread 1 1/2 cups carrot cake batter over bottom of greased 9 or 9 1/2 inch springform pan.
- 5) Drop large spoonfuls of cream cheese batter over carrot cake batter; top with large spoonfuls of remaining carrot cake batter.
- 6) Repeat with remaining cream cheese batter, spreading evenly with a knife. *Do NOT marble with a knife.
- 7) Bake in preheated 350 degree oven for 50 to 60 minutes or until cake is set and cooked through.
- 8) Cool to room temperature then refrigerate.

PINEAPPLE CREAM CHEESE FROSTING

- 1) In a bowl, combine 2 oz. cream cheese, butter, powdered sugar, 1/2 teaspoon of vanilla, 1 tablespoon reserved pineapple juice and dash of salt.
- 1) Beat until smooth and of spreading consistency.
- 2) Frost top of cheesecake.
- 3) Refrigerate for 3 to 4 hours before serving.

Brostrom Physical Therapy

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