

The Whiplash Report

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Providing personal injury attorneys with the most up-to-date research on chiropractic and whiplash, from the biomechanics of whiplash injury to chiropractic's ability to enhance patient care and recovery.



In this issue, a 2013 study out of Norway:

Myrtveit, S.M., et al., *What characterizes individuals developing chronic whiplash?: The Nord-Trondelag Health Study (HUNT)*. J Psychosom Res, 2013. 74(5): p. 393-400.

Showed that patients who perceived themselves as less healthy, used more healthcare services, had more musculoskeletal pain and more anxiety before a whiplash injury were **MORE** likely to develop chronic whiplash:

	Chronic whiplash N= 199	No chronic whiplash N = 20,600	p-Values
Use of health-services/medications			
Use of health-services	2.21 (1.34)	1.74 (1.25)	<0.001
Use of medications	1.02 (1.22)	0.71 (1.01)	<0.001
Self-rated health (bad)	33.2%	18.0%	<0.001
Somatic health			
Musculoskeletal symptoms	2.86 (2.76)	1.50 (2.26)	<0.001
Mental health			
Anxiety, HADS	23.6%	13.8%	<0.001

This led the researchers to conclude:

“This supports the growing body of evidence claiming that chronic whiplash is not merely an organic disorder, and highlights the importance of individual expectations, and symptom reattribution and amplification on the development and maintenance of chronic whiplash.”

You want the best for your personal injury clients.
Refer them to a chiropractor trained to properly care for them.

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