

# Whiplash

## History

- 1) When did the accident happen?
- 2) What direction was the hit from?
- 3) Have you been to a doctor?
- 4)
- 5)

## Visual Assessment

- 1)
- 2)
- 3)

## Specific tests

- 1)
- 2)
- 3)

## Informed consent

## Treatment

### **Acute**

- the treatment begins however the client is comfortable
- deep diaphragmatic breathing
- lymphatic drainage
- compensatory structures
- stroking and muscle squeezing to head, muscles of mastication and distal arms

## Post treatment with client

- 1) How are you feeling
- 2) Do you need help off the table
- 3) Take your time getting up

## Home care and Hydro

- 1)
- 2)
- 3)

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## Treatment

### **Early Sub acute**

- the treatment begins however the client is comfortable
- deep diaphragmatic breathing
- lymphatic drainage if necessary
- treat compensatory structures
- trunk and shoulder treatment
- O and I to compensatory structures and proximal to injury site
- GTO on tendons of affected muscles
- TP's to compensatory structures
- Grade 1 – some onsite work within the clients pain tolerance
- Grade 2 and above – light stroking and vibrations
- The head, muscles of mastication and arms are treated

## Post treatment with client

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## Home care and Hydro

- |    |    |
|----|----|
| 1) | 1) |
| 2) | 2) |
| 3) | 3) |

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## Treatment

### **Late Sub acute**

- The treatment begins prone
- Deep diaphragmatic breathing
- Effleurage, petrissage, fascial techniques and trigger points are used on the upper trunk and shoulder girdle
- Turn supine
- Effleurage, petrissage, fascial techniques and trigger points to compensatory structures
- Treat anterior thoracic region for hypertonicity and trigger points – pec major, pec minor, subclavius, intercostals and diaphragm
- Treat trigger points in SCM
- Treat trigger points in scalenes
- Treat infrahyoid and suprahyoid
- Treat mylohyoid
- Treat longus coli
- Joint play on hypomobile vertebrae
- Long axis traction
- Careful mid to full range PR ROM only to the onset of pain is used in the cervical vertebrae

## Post treatment with client

- 1) How are you feeling
- 2) Do you need help off the table

3) Take your time getting up

Home care and Hydro

1)

2)

3)

1)

2)

3)

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## History

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## Visual Assessment

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## Treatment

### **Chronic**

- The treatment begins prone
- Deep diaphragmatic breathing
- Effleurage, petrissage, fascial techniques and trigger points are used on the upper trunk and shoulder girdle
- Cross fiber frictions on remaining adhesions
- Turn supine
- Effleurage, petrissage, fascial techniques and trigger points to compensatory structures
- Treat anterior thoracic region for hypertonicity and trigger points – pec major, pec minor, subclavius, intercostals and diaphragm
- Treat trigger points in SCM and scalenes
- Treat infrahyoid, suprahyoid, mylohyoid and longus coli if needed
- Joint play on hypomobile vertebrae
- Long axis traction
- Pain free PR ROM cervical spine
- Shoulder girdle and neck are treated with GSM

## Post treatment with client

- 1) How are you feeling
- 2) Do you need help off the table
- 3) Take your time getting up

## Home care and Hydro

- 1)
- 2)
- 3)

- 1)
- 2)
- 3)