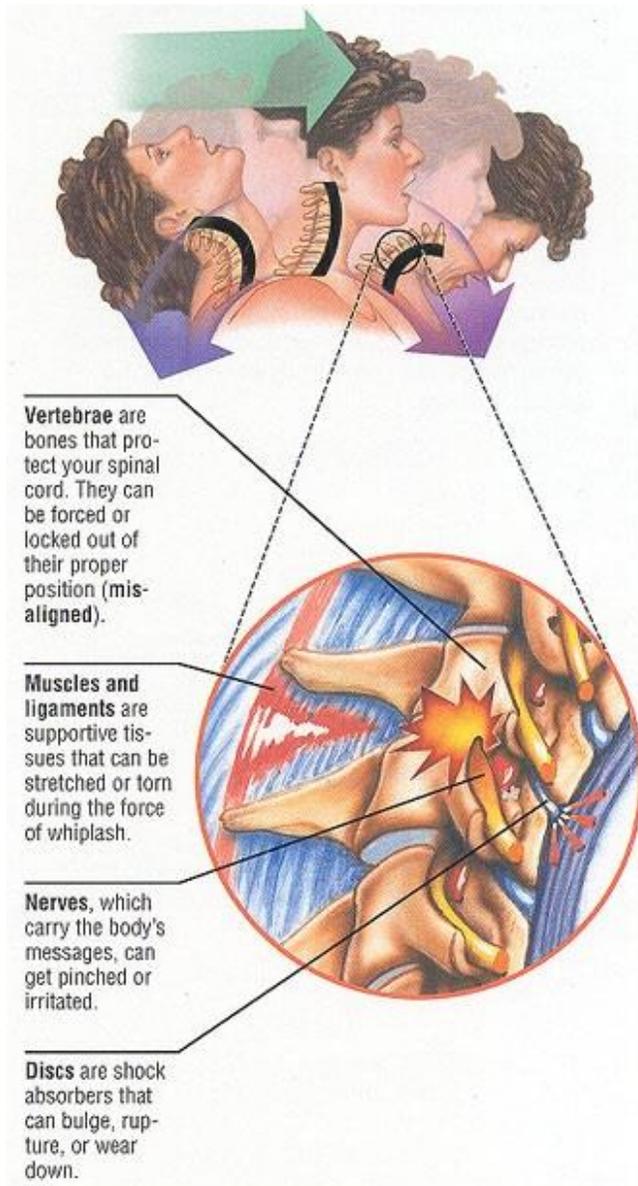


# Whiplash



Whiplash is an injury to the soft tissues of the neck from a sudden jerking or "whipping" of the head. This type of motion strains the muscles and ligaments of the neck beyond their normal range of motion.

Whiplash is a relatively common injury that occurs to a person's neck following a sudden acceleration-deceleration force that causes unrestrained, rapid forward and backward movement of the head and neck, most commonly from motor vehicle accidents. The term "whiplash" was first used in 1928. The term "railway spine" was used to describe a similar condition that was common in persons involved in train accidents prior to 1928. The term "whiplash injury" describes damage to both the bone structures and soft tissues, while "whiplash associated disorders" describes a more severe and chronic condition.

Neck strain is often just called whiplash. Although it's usually associated with car accidents, any impact or blow that causes your head to jerk forward or backward can cause neck strain. The sudden force

stretches and tears the muscles and tendons in your neck.

Neck strains are often confused with neck *sprains*. They are a bit different. Neck strains are caused by damage to the muscle or the tendons, bands of tissue that connect muscles

to bones. Neck sprains are caused by tearing of the ligaments, the tissues that connect the bones to each other.

However, the differences between these strains and sprains probably won't mean much to you. The causes, symptoms, and treatment of neck sprains and neck strains are usually the same.

## What Are the Symptoms of Whiplash?

The pain of whiplash is often hard to ignore. The symptoms may include:

- Pain, decreased range of motion, and tightness in the neck. The muscles may feel hard or knotted.
- Pain when rocking your head from side to side or backward and forward.
- Tenderness.
- Headaches at the base of the skull that radiate towards the forehead.

Sometimes, the pain of a neck strain is immediate. In other cases, it can take several hours or days before your neck begins to hurt.

### Herbal Suggestions:

To Strengthen and repair damaged to neck tissue; Apply The BF&C Salve pack directly over injured neck area. Leave pack on all night.

Use Herbal Extract of BF&C three to five times a day during the healing process.

The M&L Salve may be applied to relax the muscle spasm causing the head pain. Rub into the muscles as needed to keep the muscles relaxed.

## Testimony

In 1976 my mother received whiplash as a result of a car accident. I was in my late teens at the time and remember vividly the horrid headaches my mother endured. The poor woman never fully recovered from her neck injury. She found some temporary relief from chiropractic adjustments but struggled through periods of debilitating neck and back pain until she passed in 2005.

Several years ago I experienced a jarring fall from an office chair onto the hard tile floor. I landed hard on my seat but felt ok initially. I slept fine that first night. It was around 2am the second night after the fall that I became aware of how badly I had injured myself. I awoke to a searing pain in my head. Struggling into the bathroom I found my jar of M&L Salve and smeared it liberally around my neck. Relief came in less than two

minutes. The Salve began working on contact to relax the muscles stopping the horrific pain before I had crossed the room to my bed.

Over the next few months I used the M&L Salve nightly along with the BF&C Packs. The M&L Salve stops the spasm while the BF&C works to knit the damaged area back together.

During the cold winter months there is still a tendency in my neck to spasm if the muscles become chilled. I massage the M&L Salve into my neck at bedtime then wrap a natural fiber scarf around my neck during the cold winter months. The scarf keeps my neck and shoulders warm and the Salve prevents the cool night air from causing my neck muscles to spasm which will bring on a headache.