

Top 10 whiplash Treatments

1. Just behave as normal - go about your normal daily activities and move about within your limits of comfort.
2. Exercise therapy is good, but no real evidence to suggest which types of exercise are the best so common sense should prevail and depending on your baseline level of exercise a range of exercises from simple stretching in the morning and evening to active swimming 3 or 4 times per week will help most people overcome short term muscle stiffness.
3. Multimodal approach to treatment - should be supervised by your physiotherapist and may involve a combination of simple painkillers, exercise and heat/ cold therapy with possibly spinal mobilisation or manipulation techniques.
4. Giving information about the injury , likely symptoms , simple exercises and recovery times helps people make a faster recovery than those given no information.
5. Manipulation and Mobilisation therapies by qualified practitioners may be useful if combined with 1 to 4 above , but there is no evidence to show that these therapies in isolation are beneficial.
6. Medication - simple painkillers and anti inflammatory drugs should be used under the supervision of your physician and are likely to have a beneficial effect in the short term when combined with simple exercises and information.

7. Psychological therapies when combined with active exercises , analgesia and information has been shown to help cases of chronic whiplash disorder.

8. Acupuncture when used in combination with other therapies may have benefit in the short term , but more research is needed into its use as a sole intervention.

9. Pulsed Electromagnetic Fields (PEMF) may have a benefit , but more research is needed into this therapy.

10. Radiofrequency neurotomy - mainly of benefit to those with chronic whiplash disorder who are found to have facet joint problems.