



The Secret to 4 Whiplash Myths

Myth #1: Whiplash Is Only Caused By Rear-End Automobile Collisions. Although most WAD injuries are associated with this mechanism, impacts from other directions can also lead to whiplash injuries, as can a slip and fall, sports collision, or even a physical altercation.

Myth #2: Low-Speed “Fender Benders” Don’t Cause Whiplash. It does NOT take a lot of force to become injured. Studies have demonstrated that a collision as slow as 5-10 mph can cause bodily harm. This is partly because modern vehicles are designed to crumple and absorb energy during more forceful impacts. In a low-speed crash, these forces can be transferred to the occupants of the car.

Myth #3: There’s No Rush to See a Doctor. It’s very common for people to delay seeking treatment if it’s not an emergency and if they feel like taking time off work to make a doctor appointment might be more inconvenient than their aches and pains. Or they might think they can self-manage the condition with over-the-counter medications or home remedies. However, in most instances, WAD will not go away on its own, and delaying care can actually increase the risk that one develops chronic WAD.

Myth #4: Recovery from Whiplash Requires a Lot of Rest. Years ago, treatment recommendations emphasized bed rest and a cervical collar. However, the current research supports the opposite approach: continue your normal daily activities as much as possible. Excessive rest and immobilization can weaken tissues, especially cartilage that requires movement to receive nutrients.