



Whiplash Treatment



Camira Springfield Chiropractic provides Whiplash Treatment to those patients who have commonly experienced an accident that has brought on the problem.

In many cases, whiplash will eventually get better on its own or after some basic treatment.

However, sometimes whiplash can cause a number of severe and troublesome symptoms that last for a long time.

There is a wide range of nonsurgical treatments available, and some treatments may work better for some patients than others. If nonsurgical treatment for the lumbar herniated (bulging) disc does not provide pain relief after 6 to 12 weeks and the pain is severe, it is reasonable to consider surgery. Surgery may be recommended prior to completing a full 6 weeks of nonsurgical care if:

Whiplash that lasts for six months or more is sometimes known as chronic whiplash or late whiplash syndrome.

If you have whiplash, it is important you keep your neck mobile by doing some gentle neck exercises. Chiropractic treatment may form a multidisciplinary management with other and varied qualified practitioners such as, medical management, psychological counselling, acupuncture, occupational therapy or other approaches are required.

Chiropractors commonly employ different chiropractic treatments for whiplash, often including:

- > Manipulation
- > Muscle relaxation and/or stimulation
- > Various exercises
- > Ergonomic and lifestyle changes.

Dr Paul Nothdurft is a qualified chiropractor who is an expert in this field, and can provide treatment and guidance on overcoming this painful experience. To make an appointment please visit our [Contact Us](#) page.