

## REFERENCES: Predicting Severity of Whiplash Injuries

The following studies are available through the Resource Library at Sibley & Associates.

<p><b>STUDY TITLE</b></p>	<ul style="list-style-type: none"> <li>• <b>Onset of neck pain after a motor vehicle accident: a case-control study.</b> Wiles NJ, Jones GT, Silman AJ, Macfarlane GJ. J Rheumatol. 2005 Aug;32(8):1576-83.</li> <li>•</li> </ul>
<p><b>POINTS OF INTEREST</b></p>	<ul style="list-style-type: none"> <li>• A myriad of factors may affect whether an individual will develop neck pain from an MVA and they are not all physical factors.</li> <li>• In the study, 26% of drivers reported post-accident neck pain. The following eight risk factors were identified as associated with the pain:             <ul style="list-style-type: none"> <li>○ those with a history of neck pain</li> <li>○ younger individuals</li> <li>○ women</li> <li>○ collision severity</li> <li>○ collision from behind</li> <li>○ vehicle stationary at impact</li> <li>○ not being at fault</li> <li>○ monotonous work</li> </ul> </li> <li>• With two or fewer risk factors the likelihood of having neck pain was 7%, increasing to 62% when five or more factors were present.</li> </ul>
<p><b>MAIN CONCLUSION</b></p>	<ul style="list-style-type: none"> <li>• Development of neck pain after a motor vehicle accident is a complex phenomenon resulting from the combined effects of constitutional, mechanical, and psychosocial factors. Using 8 such variables it is possible to identify those at high risk of developing neck pain.</li> </ul>

<p><b>STUDY</b></p>	<ul style="list-style-type: none"> <li>• <b>The fluctuation in recovery following whiplash injury: 7.5-year prospective review.</b> Tomlinson PJ, Gargan MF, Bannister GC. Injury. 2005 Jun;36(6):758-61.</li> </ul>
<p><b>POINTS OF INTEREST</b></p>	<ul style="list-style-type: none"> <li>• Forty-two patients with a whiplash injury were assessed at the time of injury, after 3 months, 2 years and a mean of 7.5 years</li> <li>• Between 2 and 7.5 years:             <ul style="list-style-type: none"> <li>- 12% described improved symptoms</li> <li>- 29% complained of continuing pain</li> <li>- 33% reported increased severity</li> <li>- Neck pain was the commonest complaint (55%) and low back pain (43%).</li> </ul> </li> <li>• Symptoms largely stabilized within 3 months but there was significant fluctuation in symptom severity between 3 months and 2 years.</li> </ul>
<p><b>MAIN CONCLUSION</b></p>	<ul style="list-style-type: none"> <li>• To effectively manage whiplash, patients should be identified within the first 12 weeks following injury if the outcome of their injury is to be modified.</li> </ul>