

REFERENCES: Predicting Severity of Whiplash Injuries

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

<p>STUDY TITLE</p>	<ul style="list-style-type: none"> • Onset of neck pain after a motor vehicle accident: a case-control study. Wiles NJ, Jones GT, Silman AJ, Macfarlane GJ. J Rheumatol. 2005 Aug;32(8):1576-83. •
<p>POINTS OF INTEREST</p>	<ul style="list-style-type: none"> • A myriad of factors may affect whether an individual will develop neck pain from an MVA and they are not all physical factors. • 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"> ○ those with a history of neck pain ○ younger individuals ○ women ○ collision severity ○ collision from behind ○ vehicle stationary at impact ○ not being at fault ○ monotonous work • With two or fewer risk factors the likelihood of having neck pain was 7%, increasing to 62% when five or more factors were present.
<p>MAIN CONCLUSION</p>	<ul style="list-style-type: none"> • 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.

<p>STUDY</p>	<ul style="list-style-type: none"> • The fluctuation in recovery following whiplash injury: 7.5-year prospective review. Tomlinson PJ, Gargan MF, Bannister GC. Injury. 2005 Jun;36(6):758-61.
<p>POINTS OF INTEREST</p>	<ul style="list-style-type: none"> • 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 • Between 2 and 7.5 years: <ul style="list-style-type: none"> - 12% described improved symptoms - 29% complained of continuing pain - 33% reported increased severity - Neck pain was the commonest complaint (55%) and low back pain (43%). • Symptoms largely stabilized within 3 months but there was significant fluctuation in symptom severity between 3 months and 2 years.
<p>MAIN CONCLUSION</p>	<ul style="list-style-type: none"> • 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.