

## WHIPLASH (CAD SYNDROME)

Whiplash, also called cervical acceleration/ deceleration (or CAD) syndrome, is a neck injury commonly caused by car accidents, falls, and contact sports. It results from a quick, jerking motion that forces the neck beyond its normal range of motion.

### How It Occurs

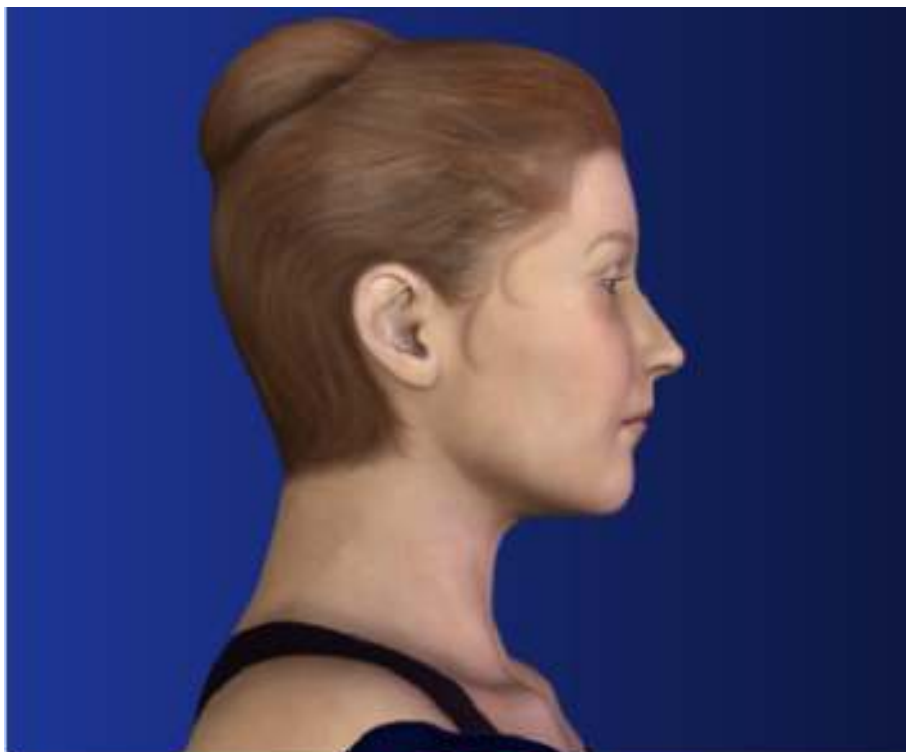
When the head is suddenly and violently whipped back and forth, the cervical spine can be hyperextended, or forced past its normal range of motion. This can injure the vertebrae, supporting ligaments, joints and muscles in the neck.

### Symptoms

Symptoms may occur immediately after an injury or several days later. Whiplash sufferers may experience neck pain and stiffness, headache, dizziness, difficulty chewing or swallowing, burning or prickling sensations, or shoulder and back pain.

### Treatment

Whiplash may be treated with a soft cervical collar that immobilizes the neck while it heals. Other treatments include medication, physical therapy and nerve blocks.



Vertebrae, tissue  
and muscle can  
be damaged