

From: Physio4All [info=physio4all.com.au@mail5.wdc03.rsgsv.net] on behalf of Physio4All [info@physio4all.com.au]
Sent: Friday, 5 April 2013 12:23 PM
To: Steve
Subject: PHYSIO4ALL E-News: Have you had the Whip?

Learn about Whiplash!! PLUS Special Offer - 15% OFF
Tempur Original Pillows!!!

Is this email not displaying correctly?
[View it in your browser.](#)

PHYSIO4ALL E-News

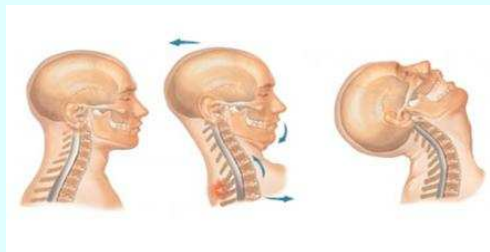
Have you had the Whip?

[Information on Whiplash Injuries](#)

- *The obvious cause*
- *The ones you don't think about*
- *Symptoms*
- *How do you fix it?*
- *YouTube Video*
- *Special Offer!*

The Obvious Cause

Whiplash typically occurs in a car accident where you are hit from behind. The neck is then thrust back like the end of a whip, hence the name. In doing so the ligaments of the neck are stretched and injured, and the information that tells your



brain where your head is in space is distorted. This leads to muscle fatigue and joint irritation. Whiplash can present over 48hrs after an incident, and if not treated properly can lead to symptoms for DECADES.

Other Causes

- Any accident where the head is impacted with the ground
- Tackles in sport especially if unanticipated
- High velocity neck movements

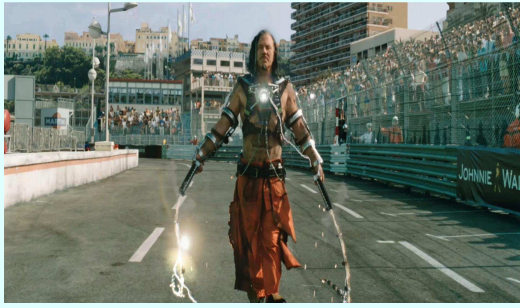
Symptoms

- Pain/ pins and needles/ numbness referring into the shoulder blades/ arm/ forearm/ hand
- Symptoms can last for 4-6 weeks if treated properly or can lead to ongoing issues for literally *decades* after an incident

Fix me please!

- Treatment, initially, consists of gentle movement, heat/ice, anti-inflammatories and relative rest
- Stretches and isometric exercises (ask your physiotherapist at PHYSIO4ALL) will be added later by your physiotherapist
- Until the muscles are working efficiently again, the neck will be susceptible to irritation and pain
- You should never wear a brace unless directed by a surgeon! This weakens the muscles of the neck.
- At PHYSIO4ALL, we almost always relieve all symptoms!





If you suspect you have Whiplash, give us a call on **9922 2212** to book an appointment now!



Check out our YouTube video series on one of the many useful exercises for Neck Pain:

[Physiotherapy North Sydney: Exercises for Neck Pain and Headaches](#)

PHYSIO4ALL ANNOUNCEMENTS

SPECIAL OFFER!!

Download the following voucher, and receive 15% OFF a Tempur Original Pillow!! Floor stock only.



Join the PHYSIO4ALL

Facebook Family!

For **10% off** your next physiotherapy session,

[Like us on Facebook](#)

by clicking on the following link:

<http://www.facebook.com/Physio4All>

OR

You can use a QR code reader on your Smartphone:



Copyright © 2013 Physio4All, All rights reserved.





Hi! You signed up because you wanted to receive the fantastic newsletter from PHYSIO4ALL, or you were referred by a friend to receive our newsletter. Remember, there are special offers that only those in the PHYSIO4ALL family receives, and we love that you are a part of the PHYSIO4ALL family.



Our mailing address is:

Physio4All
Shop P16, NorthPoint Plaza
100 Miller Street
North Sydney, NSW 2060
Australia

[Add us to your address book](#)

[follow on Twitter](#)  | [friend on Facebook](#)  | [follow on YouTube](#)  | [forward to a friend](#)  |
[unsubscribe from this list](#) | [update subscription preferences](#)