



Whiplash and the Jing Method™

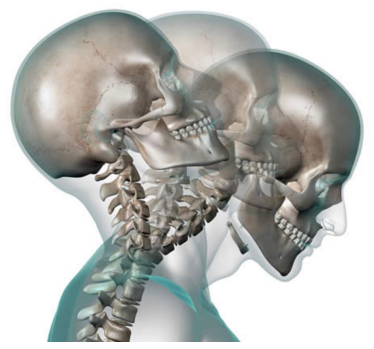
by Mandala Massage Brighton

What is it?

Whiplash is a soft tissue injury to the neck, with symptoms that occur after sudden extension and flexion movements, usually after the sudden acceleration to deceleration involved in car accidents. (1).

What causes it?

Car accidents and sports involving excessive forwards, backwards and side to side movements at speed cause whiplash. (1) Symptoms usually become apparent within 24 hours after the incident and can continue to get worse days after the injury (2)



(4)

Symptoms *these are some, there can be more!*


- Neck pain and stiffness
- Loss of range of motion
- Pain which gets worse with movement
- Headaches, usually starting at the base of the skull
- Tenderness or pain in the shoulder, upper back or arms
- Tingling or numbness in the arms
- Fatigue
- Dizziness

Treating whiplash with the Jing Method™

Whiplash is a soft tissue injury which makes the Jing Method™ an ideal form of treatment. Jing Method™ advanced clinical massage therapists treat the whole person, not just the presentation of physical symptoms. This is most important for conditions such as whiplash, where there has been trauma and a psychological component left that benefits from this warm and compassionate approach.

(3)

THE JING METHOD EXPERIENCE

-  A WARM AND COMPASSIONATE PARTNER TO GUIDE YOU ON YOUR JOURNEY OUT OF CHRONIC PAIN
-  A REDUCTION OF YOUR PAIN AND INCREASE IN MOVEMENT IN 6 TREATMENTS OR LESS
-  A THOROUGH ASSESSMENT UTILISING ORTHOPAEDIC FUNCTIONAL MUSCLE TESTING
-  AN INDIVIDUAL TREATMENT PLAN TO ADDRESS YOUR PRESENTING PAIN CONDITION
-  A FUSION OF ADVANCED MASSAGE AND SOFT TISSUE TECHNIQUES DRAWN FROM EAST AND WEST
-  TAILORED AFTER-CARE TO PUT YOU IN THE DRIVING SEAT OF YOUR RECOVERY

Does massage help?

There is evidence supporting the use of clinical massage to treat whiplash.

In 2015 a review took place to update the findings of the Neck Pain Task Force, which examined the effectiveness of manual therapies, passive physical modalities, and acupuncture for the management of WAD (whiplash associated disorders).

The review added new evidence to the Neck Pain Task Force and suggests that mobilization, manipulation, and clinical massage are effective interventions for the management of neck pain. (5)

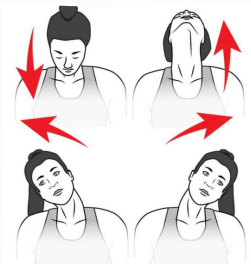
A Jing Method™ advanced clinical massage helps by treating the physical symptoms and by soothing the nervous system which will have become ramped up by the trauma of what happened. It can make a difference even if a great deal of time has passed.

Things you can do yourself

It's important to go slowly, but there are things you can do yourself. Making your neck warm and then gently taking it through simple range of motion passive stretches can help initially. You can progress further with this under the guidance of your Jing Method™ therapist.



Meditation and mindfulness can help a great deal with the emotional component of whiplash, as well as the pain has become chronic. Yoga Nidra is a guided meditation practice that is easily accessible to all. Free audios can be found at yoganidranetwork.org



Contact me on **07737 142699** or visit mandalamassagebrighton.com to book your appointment

Sources

- (1) ACMT pathologies manual. Jing Advanced Massage Training.
- (2) livescience.com
- (3) Infographic courtesy of Jing Advanced Massage Training. JAMMM resources.
- (4) Whiplash - Symptoms and causes - Mayo Clinic.
- (5) Wong, J.J., Shearer, H.M., Mior, S., Jacobs, C., Côté, P., Randhawa, K., Yu, H., Southerst, D., Varatharajan, S., Sutton, D. and van der Velde, G., 2016. Are manual therapies, passive physical modalities, or acupuncture effective for the management of patients with whiplash-associated disorders or neck pain and associated disorders? An update of the Bone and Joint Decade Task Force on Neck Pain and Its Associated Disorders by the OPTIMa collaboration. *The Spine Journal*, 16(12), pp.1598-1630.