



FOR IMMEDIATE RELEASE

Multiple Studies Confirm Positive Outcomes of Chiropractic Care for Whiplash Injuries

CARMICHAEL, Calif. – July 5, 2007 – The Foundation for Chiropractic Progress (www.f4cp.org), a not-for-profit organization, points to four published research studies which validate that chiropractic care provides significant, ongoing relief for whiplash. Whiplash is defined as an injury to the cervical spine caused by an abrupt jerking motion of the head, backward or forward, often occurring from rear on-set automobile accidents and amusement rides or the result of falls, accidents and sporting activities.

“Nearly one out of 15 adult Americans suffers from the annoying and sometimes debilitating long-term effects of whiplash injury, usually in the form of neck stiffness and pain,” states Arthur C. Croft, D.C., M.Sc., M.P.H., F.A.C.O. director of the Spine Research Institute, San Diego, CA and a member of the Foundation. “While chiropractic care in the acute stage can often stave off this unpleasant outcome, two of the studies have shown that even in the chronic stage, chiropractic intervention can provide up to 90 percent relief for these sufferers.”

Dr. Croft cites research reported in *Injury* (27(9), 643-645) where authors Gargan and Bannister state, “93 percent of the 28 patients studied retrospectively were found to have a statistically significant improvement following chiropractic care. Chiropractic care in this study consisted of spinal manipulation, PNF (Stretching) and cryotherapy.”

In a follow-up study published in *Journal of Orthopaedic Medicine*, 21(1), authors Khan, Cook, Gargan, & Bannister conclude, “Whiplash injuries are common. Chiropractic is the only proven effective treatment in chronic cases. Our study enables patients to be classified at initial assessment in order to target those patients who will benefit from such treatment.”

Additionally, Croft points to two studies reported in the *Journal of Manipulative Physiology and Therapy*, 28(1), 3-11 in which authors Giles and Muller state, “For chronic spinal pain in general, when compared to acupuncture and traditional medical approaches, chiropractic has generally be shown to be more effective.”

Since most whiplash injuries occur from unexpected accidents, doctors at the Foundation advise motorists and passengers to always practice safe driving habits, regardless of how far they are traveling from home.

“Whether you are driving locally to a convenience store or embarking on a long road trip, careful driving and using the proper restraints and seatbelts can help to prevent whiplash resulting from automobile accidents,” says Gerard W. Clum, D.C. president of Life Chiropractic College West, Hayward, California, and spokesperson for the Foundation.

“Proper safety and head gear can also assist in preventing whiplash in sporting and other activities. Chiropractic care is a well established and effective intervention providing considerable relief.”

For more information on the benefits of chiropractic care visit www.f4cp.com and access the Foundation’s free Health Seekers calendar or call 916.359.0327.

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About F4CP

A not-for-profit organization, the Foundation for Chiropractic Progress (F4CP) embraces a singular mission to promote positive press for the profession in national, regional and local media. Through effective and ongoing initiatives, the Foundation’s goal is to raise awareness to the many benefits provided by doctors of chiropractic. The F4CP relies upon strategic marketing campaigns that span prominent spokespersons, monthly press releases, public service announcements, and advertisements in high-profile media outlets. To learn more about the Foundation, please visit us on the web at www.foundation4cp.com or call 866-901-f4cp.