



.Hi, I'm Dr. Kukurin and you are receiving this newsletters as a free gift from my office. We spend a lot of time working on these publications. I'm sure you will enjoy it. It contains much of the same information my patients pay \$57 for in consultation at my office. So please if you can't use it pass it on to someone who can.

Journal of Rapid Pain Relief

Effective Home Remedies that Doctor's Give Their Patients

If you have ever seen the crash test videos of an auto accident? It is really quite remarkable how the human body gets whipped around and contorted in just a fraction of a second. Before I started to treat patients injured in auto accidents, I thought most people were faking their injuries. Or at least exaggerating them. But after 20 years of working with people injured in car wrecks, I know that their injuries can last a lifetime. Recently there have been a series of scientific studies that have demonstrated how long lasting and far reaching whiplash injuries can be. The bad news is that one in two people who sustained whiplash still reports pain up to 17 years after the accident! **1** Another study showed that 88% of auto accident patients had significant pain at two year follow-up. **2** Whiplash patients had a 300% greater chance on future neck and shoulder pain compared to people who have never experienced a whiplash. **3** Those patients who had a whiplash injury were 160 to

370% more at risk for headache, thoracic and low back pain, as well as for fatigue, sleep disturbances and ill health. **4** Amazing that a neck injury can effect your overall health, but that is what the research demonstrated. **4**

What all this means is that whiplash is a serious injury, that can cause lifelong problems and even make you susceptible to illness.

If you or someone you care about has been in a auto accident, get checked out before the injuries become permanent!
Dr. Kukurin



Dr. Kukurin treats a whiplash patient

This issue: *Alternative Medicine Info* to help people suffering from **Auto Accident Injuries**

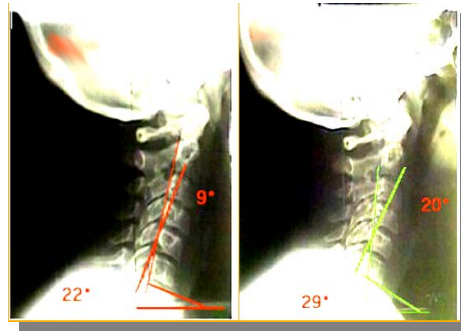


Your posture is a reflection of the amount of ligament & muscle damage after an accident.

When the spine is whipped forward it (hyper) elongates the muscles causing tears and bleeding into the muscles of the neck, shoulders and upper back. These tears if not properly treated will form painful scar tissue. It is this abnormal tissue that can lead to lifelong pain and discomfort (see page one). Also when the spine is whipped the ligaments become stretched, this is like over stretching a spring. When the ligaments are over stretched the normal shape of the spine is lost and the spine has little or no ability to "snap back" towards normal. The radiographs at the right are a patient of mine who sustained a whiplash type injury. The ligaments that hold the normal curve in the neck are sprung, the curve is reduced from its normal 30 degrees to a mere 9 degrees. If left uncorrected this patient would likely develop arthritis in her neck and long term problems. After intensive spinal correction in our office the curve was improved to 20 degrees.

Chiropractor's have always believed that abnormal

alignment causes increased mechanical stress on the spine. This increased stress we thought, leads to arthritis. Well recently a series of scientific studies have confirmed our suspicions. Abnormal alignment does indeed lead to degeneration/arthritis.



Loss of normal cervical curve after an accident, *left* only 9 degrees. After specific treatment on our office curve is restored to 20 degrees *right*

Modern Methods of an Ancient Chinese Wonder Experience the amazing healing powers of Acupuncture

What if you are one of the unfortunate patients who had a whiplash years ago and are still suffering? Well there is some good news. Studies have found that even in patients with chronic residual pain from whiplash, acupuncture provides relief. **5-7** When combined with newer methods of chiropractic spinal correction and physiotherapy, acupuncture can be an important addition to the treatment of chronic post-whiplash pain. If you have received our eNewsletter on acupuncture, you should know that acupuncture is used to turn off the nerves that carry pain. So if

References used in this newsletter

- 1. Eur Spine J. 2002 Jun;11(3):227-34.** A descriptive analysis of disorders in patients 17 years following motor vehicle accidents.
- 2. Eur Spine J. 2000 Apr;9(2):109-17.** Whiplash-type neck distortion in restrained car drivers: frequency, causes and long-term results.
- 3. J Clin Epidemiol. 2000 Nov;53(11):1089-94.** The association between exposure to a rear-end collision and future neck or shoulder pain: a cohort study.
- 4. J Clin Epidemiol. 2001 Aug;54(8):851-6.** The association between exposure to a rear-end collision and future health complaints.
- 5. Acupunct Electrother Res. 1996 Jul-Dec;21(3-4):207-17.** Acupuncture treatment for balance disorders following whiplash injury.
- 6. Aktuelle Traumatol. 1983 Aug;13(4):151-3.** Treatment of whiplash injuries of the cervical spine with acupuncture
- 7. Unfallchirurgie. 1983 Dec;9(6):308-13.** The effect of standardized acupuncture programs in the after-care of accident patients

you or someone you know was injured in an auto accident, don't wait and don't assume the pain will go away on its own. Statistics show that even with treatment many patients have life long problems.

Acupuncture has been proven to benefit patients suffering the long term effects of Whiplash

Do everything you can to avoid being a statistic. Set up an appointment today and aggressively treat your whiplash injury. Dr. K

Kukurin Chiropractic, Acupuncture and Nutrition
2415 Sarah St. Pittsburgh, PA 15203 - 412-381-4453 - 412-481-3420(fax)
kcann.pgh@gmail.com - www.alt-compmed.com - www.kcpg.com



George W. Kukurin DC DACAN



Jason S. Franchi DC