

## ❑ **Adult Female in car accident with injured neck**

This female came to see us after a car accident. She has had some great results. Here is what she had to say:

*Several months ago I was involved in a car accident and was priding myself on not getting seriously hurt. Not even a scratch on even that dreaded neck injury most people complain about after an accident. Much to my dismay, several days after the accident my neck started to hurt and even my back felt quite stressed. That's when I decided to go to get in touch with Dr. Jon.*

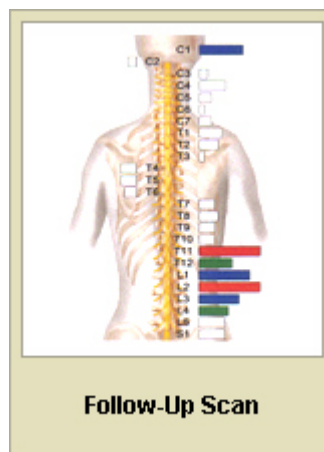
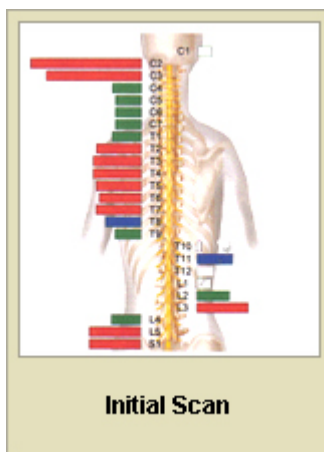
*Not only did you make my first visit to a chiropractor 'painless', you helped me understand exactly what was going on with my spine, in layman terms. Your intake process is amazing and in these past few months I have gained so much relevant information about my spine and more importantly, how it affects the rest of my body.*

*Thank you for your genuine care and concern for my health, something you don't find often enough from a doctor these days. As well, thank you for making me feel better and empowering me to take control of my own health.*

*I look forward to recommending you to the people I come in contact with that are having health concerns or simply those who want to maintain great health or learn about how chiropractic works.*

*-L.G.*

Here are her 1st scan and follow up scan. You can see that much of the nervous system interference has been cleared up. Although, not entirely clear yet, there have been remarkable changes in her scan and symptoms to date. We expect a full recovery with her.



Other positive changes she noticed in her health upon starting chiropractic:

- Less shortness of breath
- Less heartburn
- Vision enhancement
- Improved digestion and posture
- More energy
- Better able to handle stress

#### ☒ **Want Research?**

***Cervical mobilization: concurrent effects on pain, sympathetic nervous system activity and motor activity. Sterling M, Jull G, Wright A. Man Ther (Manual Medicine) 2001;6(2):72-81.***

In this paper, 30 patients with middle or lower neck (cervical) pain had “spinal manipulative therapy” (SMT) and their pain reduced after care. Spinal care was found to have a pain fighting effect (“a hypoalgesic effect) as pain thresholds increased. It was also found that the sympathetic nervous system, which affects the functions of internal organs was affected: The authors write: “The treatment technique also produced a sympathoexcitatory effect with an increase in skin conductance and a decrease in skin temperature.”