

Massage for Whiplash
Soft tissue injury treatment
at Bothell Integrated Health
We know whiplash, and how to treat it

The most common symptoms associated with whiplash:

- Headache
- Neck Pain
- Shoulder Pain
- Upper Back Pain
- Mid Back Pain
- Low Back Pain
- Arm/Hand Numbness, and Pain
- Jaw (TMJ) Pain and Dysfunction
- Sciatica (Pain down legs)
- Slouching Posture
- Rigid Posture
- TBI (Traumatic Brain Injury - from coup-counter coup or head strike)
 - Brain Inflammation resulting in memory issues
 - PTSD (flinching, anxiety, emotional upset) in traffic, etc.

These symptoms can last weeks, months or years. The long term ramifications of untreated whiplash can be unnecessary premature degeneration of disk tissue, bone modeling, and engrained neuromuscular guarding habits that maintain pain and limit function. Untreated whiplash can also be a major contributor to the establishment of a pernicious chronic pain cycle.

The Emotional Toll of “The Invisible Injury”

Suffering from a whiplash injury can have far reaching affects. Many whiplash patients have reported to us that the condition causes a strain on the most important relationships in their lives. When spouses, children, friends and co-workers don't understand the whiplash victim's pain or their change in temperament, the social implications are clear. Since the injury is invisible (no casts or crutches), those in the injured person's life may not understand the significance of the injury, which can lead to frustration and stress in relationships at home and at work. Many whiplash victims report that it is often the little things they cannot do, like laundry, house chores, computer work, and dressing themselves, etc., that cause the most stress. Feelings of fragility, fear, anger, vulnerability, guilt, shame, weakness, and victimization are common. It is also common for them to feel misunderstood, isolated, and alone in their suffering.

Most whiplash sufferers don't want to be seen as complainers, and so are often under diagnosed with only neck pain and headaches, which are usually the most immediately recognizable symptoms.

Whiplash victims need not despair. Our group of highly trained and experienced professionals at Bothell Integrated Health, LLC have a proven record of successfully treating this condition. We specialize in the treatment of whiplash.

We can help Whiplash sufferers reclaim their lives.

Our Approach is in Our Mission

To Heal: We work to alleviate the symptoms **and** the neuromuscular problems that cause the symptoms. From the short term goal of defeating the initial pain due to inflammation, to the long term goal of correcting the structural imbalance caused by muscle guarding, we strive to return the patient to a pain free functional state.

To Educate: Our patients gain a deeper understanding of how the human body works through treatment, movement, stretching, and witnessing the process of healing first hand. Many patients consider the knowledge gained from treatment at our clinic as an unanticipated silver lining.

To Empower: Through the knowledge gained during the process of treatment at our facility, our patients are empowered, not only to avoid pain and dysfunction, but, more importantly, to move towards ever greater health.

We have earned and will work to keep the trust of referring Doctors, Physical Therapists, and other referring providers in the South Snohomish/North King County area.

We have successfully treated thousands of whiplash cases and look forward to putting our expertise to work for you and your patients.