



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

The most common symptoms we see from 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)
- 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 consequences of untreated whiplash include premature spinal degeneration, as well as postural changes caused by muscle guarding (chronically tight muscles) which maintains pain and limits function. Untreated whiplash can result in the establishment of a pernicious chronic pain cycle that can last a lifetime.

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 your life may not understand the significance of your injury, which can lead to frustration and stress in your relationships at home and at work.

Patients who have whiplash 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. This emotional stress can actually slow the recovery process.

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.

If you are suffering from a whiplash injury and are having similar experiences, do not despair. Our group of highly trained and experienced professionals at Bothell Integrated Health have a proven record of successfully treating this condition. We specialize in the treatment of whiplash.

We are here to help you reclaim your life

Our Approach is in Our Mission

To Heal: We work to alleviate the symptoms *and* the 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 our patients to a pain free functional state.

To Educate: 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 we 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 we look forward to putting our expertise to work for you.