Neck Pain:
Current Advances, Diagnosis and Treatment

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How serious?
• 4th Leading Cause Chronic Pain
• 1 Million ER visits/yr
• 4th Leading Cause Disability
**Associated Symptoms**

- Headaches
- Upper back pain
- Low Back Pain
- Numbness & Tingling of Extremities
- Cognitive Difficulties
- Visual Disturbances
- TMD
- Tinnitus

**LOSRIC Mechanics**
Normal Flexion & Extension

Common Areas of Injury

- Vertebral Facet Capsular Ligaments,
- Intervertebral Discs,
- Spinal Ligaments (ALL, PLL, ISL, SSL),
- Cervical Muscles,
- Upper Cervical Ligaments:
  1) Alar Ligaments,
  2) Posterior Atlanto-occipital Membrane & Dura,
  3) Transverse Ligament & Tectorial Membrane.
Disc Herniations & CAD

28/100 of patients in a recent study were shown to have disc herniations following Whiplash compared to 2/100 in asymptomatic normal control group.

**Conventional**  
**Standing-Neutral**  
**Standing-Flexion**

MRI images courtesy of www.roseradiology.com

Common Areas of Injury
Anterior Longitudinal Ligament Damage

The use of Digital Motion X-Ray in determining ligament damage crucial. This diagnostic test demonstrates x-rays at a rate of 30fps. Thus, allowing for the full ROM of the spine to be documented, not just at end ranges.

Digital Motion X-Ray
Posterior Longitudinal Ligament Damage

Digital Motion X-Ray
Facet Capsular Ligament Injury

Digital Motion X-Ray
Injury Pain Patterns


Did you know?
Abnormal reversal of the neck curve can NOT be from “Muscle Spasm”. This is known as a "buckling injury" and is due to injury mechanics causing damaged joints and ligaments!

A Majority of doctors including chiropractors, radiologists, and surgeons, were not trained in the newer methods of x-ray analysis to objectively discriminate normal from abnormal.
Long Term Effects on neck bones from Poor Alignment Over time – a WHIPLASH injury Can Cause This Process!!!!!!

So what to do?
CBP®: Exercise, Adjust, and Traction

Abnormal Posture

Exercise

Adjust

Traction

Chronic Whiplash Healing with our Methods

Kids NEED to be checked after a crash too!

POST INJURY

AFTER PROPER TREATMENT
Thank you!