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BARCELONA - SPAIN

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Six Facts About Whiplash

Whiplash is one of the most common injuries after a car accident, yet it is often misunderstood. Here are six facts that can help you understand what is happening and what helps.

1. It's over in a fraction of a second

The term "whiplash" was first used in 1928 to describe the way the neck moves in a crash. Like the crack of a whip, the head is thrown suddenly backwards and then forwards, or the other way around. The whole movement is over in a fraction of a second, too quickly for you to brace yourself once it has started. The movement strains the muscles, ligaments and joints of the neck, causing pain and stiffness, headaches and sometimes pain spreading into the shoulders or upper back.

2. Before cars, it was blamed on trains

In the 1860s, a surgeon named John Erichsen wrote about passengers who developed back pain, stiffness and other symptoms after train collisions. The condition became known as "railway spine". Today, rear-end car accidents are the most common cause of whiplash, but any sudden jolt to the head can cause it, including a hard tackle in rugby, a fall from a horse or bike, or a fast stop on a theme park ride.

3. It can happen in low-speed crashes

You don't need to be in a big accident to get whiplash. It can happen in low-speed bumps, such as being rear-ended in slow traffic, even when there is little damage to the car.

4. You might not feel it until the next morning

It's common to walk away from an accident feeling fine and wake up the next day with a sore, stiff neck. Symptoms can take hours to appear, so it's still worth getting checked if your neck becomes sore after an accident, even if it felt fine at first.

5. Controlled movement is best for recovery

Not long ago, people with whiplash were often sent home in a soft neck collar. Collars are no longer recommended. Current guidelines advise keeping your neck moving and continuing your normal daily activities as much as you can, as gentle movement helps the neck recover.

6. Most people get better

Whiplash can be very painful, but most people improve over the following weeks to months. Some people do have symptoms for longer, so if you're not improving as expected, it's worth seeking help rather than waiting it out.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury. If you have numbness, weakness, severe headaches or dizziness after an accident, seek medical attention straight away.



Tendon Injuries

Tendons can require more support to heal than muscle tissue as they have less blood supply.





Brain Teasers

What goes through cities and fields but never moves?

What kind of room has no doors or windows?

What has legs but doesn't walk?



Focus On Fascia

You may have heard someone at the gym or on social media talk about "tight fascia" or "fascial release", or suggest drinking more water to hydrate your fascia. Fascia often gets blamed for every ache and pain, and promoted as the fix for them too. To make sense of that advice, it helps to know what fascia actually is.

What is fascia?

Fascia is collagen-rich connective tissue arranged in sheets and layers. Some layers are thin and flexible. Others are thick enough to help support parts of your body under load. If you've ever noticed a thin, shiny membrane on a piece of raw chicken, that gives you a good idea of what a sheet of connective tissue looks like.

Fascia helps support and organise the structures around it. Some layers glide past one another as you move, and some help transmit the forces your muscles generate.

Where is it found in the body?

Superficial fascia lies just beneath your skin, deep fascia surrounds and separates your muscles and muscle groups, and other layers surround your organs.

One example you might know is the plantar fascia. It runs along the sole of your foot and helps support your arch. Plantar fasciitis is a common cause of heel pain involving this tissue.

What is fascial release, and does it work?

"Fascial release" is a term used for techniques such as hands-on treatment and foam rolling. Foam rolling can help you move more freely for a short time, and both foam rolling and sports massage can take the edge off muscle soreness after exercise.

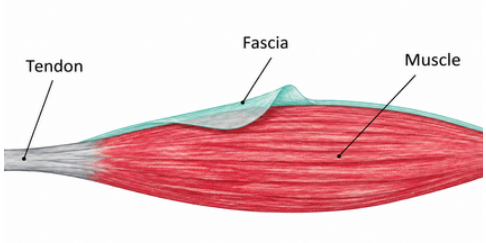
It's still unclear whether these techniques change the structure of fascia itself. Either way, if a few minutes with a foam roller helps you feel better or makes your warm-up feel easier, that's a good enough reason to use it.

Can you hydrate your fascia?

Fascia contains water, and a substance called hyaluronan helps the layers glide. Staying hydrated is good for your general health, but there's little evidence that drinking extra water has any specific benefit for your fascia.

If you feel stiff after sitting for a long time, get up for a short walk or change positions. Regular activity, including strength training, will help you stay mobile. If stiffness or pain keeps coming back or gets in the way of the things you enjoy, your physio can help you work out what's causing it and what will help.

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Answers: 1. A Road 2. A Mushroom 3. A Table

Beef and Mushroom Lettuce Cups

Ingredients:

500g Beef Mince
200g Mushrooms
1 Onion
2 Garlic Cloves
1 tsp. Grated Ginger
2 Tbsp. Soy Sauce
1 Tbsp. Hoisin Sauce
1 tsp. Sesame Oil
1/2 tsp. Chilli Flakes
1 Tbsp. Oil
1 Fresh Lettuce
1 tsp. Sesame Seeds



1. Heat the oil in a large pan over a medium-high heat. Add the finely chopped onionm, crushed garlic and ginger and cook for 2 to 3 minutes, until soft.
2. Add the mince and cook for 5 to 6 minutes, breaking it up with a wooden spoon, until browned.
3. Add the chopped mushroom and cook for another 3 to 4 minutes, until the mushrooms are soft.
4. Stir through the soy sauce, hoisin sauce, sesame oil and chilli flakes, and cook for 2 minutes, until the mince is sticky and coated.
5. Separate the lettuce leaves, rinse and pat dry. Spoon the mince into the leaves and sprinkle with sesame seeds.

Serves four

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