

## Whiplash

### Healing a Pain in the Neck

Hope Bentley

Getting rear-ended in traffic. Face-planting at the bottom of a ski slope. Tumbling over the handlebars on your bike. Whiplash comes in many forms and can become a long-term problem if not treated correctly. Fortunately, massage and bodywork can address the ache and discomfort that come with whiplash and prevent chronic pain down the road.

### Understanding Whiplash

The term "whiplash" came into use in 1928. Doctors will sometimes use "hyperextension injury," to describe it, but "whiplash" is a more visceral account of what has happened to the victim's

Car accidents are the most common causes of whiplash. The American Academy of Orthopedic Surgeons reported that about 20 percent of people who have been in rear-end collisions later report whiplash symptoms. Whether front to back or side to side, whiplash can affect muscles all the way into the victim's back and arms. The most serious form of whiplash compresses nerves in the neck and cause multiple sprains of the ligaments.

The good news is, serious hyperextension injuries are in the minority, as whiplash usually comes in the less serious version of the injury. "Fortunately, about 95 percent of the time whiplash tends to be more

*"Lost time is never found again."*

-Benjamin Franklin



Whiplash injuries can lead to headache as well as neck, jaw, and back pain.

neck. The neck itself has made a whip-like motion bending first towards and then away from the point of impact. As the head moves rapidly in one direction, the muscles in the neck receive the message to contract. The momentum of the head can cause strain or sprain to the muscles and ligaments in the neck as the head reaches the end of its movement.

superficial damage, like slight muscle strains and tears," says Ben Benjamin, Ph.D., a massage therapist who holds a doctorate in education and sports medicine. But whether the pain is minor soreness or serious discomfort, massage can provide relief and prevent chronic problems in the long run.

Continued on page 2

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#### In this Issue

**Whiplash**  
**Magical Mango**  
**Rhamnose**

Continued from page 1

## Whiplash Symptoms

The symptoms of whiplash include neck pain and stiffness, headaches, pain in the shoulder or between the shoulder blades (sometimes called "coat hanger pain"), low back pain, and pain or numbness in the arms or extremities.

Often people who suffer whiplash do not feel the effects until two or three days after the injury-causing incident. Benjamin explains that this delayed onset is because it takes time for scar tissue to manifest in the sprained or strained muscles and ligaments. And because scar tissue is more adhesive than regular tissue, people experience it as stiffness in the injured areas.

Whiplash affects primarily the neck, but victims shouldn't ignore the rest of the body. This injury can pull the long muscles on either side of the spine, which reach all the way to the tailbone and can cause discomfort along the way. Discomfort or stiffness in the chest and arms can also be due to whiplash. And headaches may be the result of slowed circulation to the head caused by the swelling in the injury.

## Massage Can Help

Any massage that causes a general relaxation of the client's muscles can help relieve muscular pain in common types of whiplash injuries. In addition, massage increases the amount of oxygen that reaches the healing tissues and opens those tissues so they can receive oxygen and nutrients, thus speeding the healing process.

In addition to relaxation massage, specific bodywork methods ease acute whiplash discomfort and help prevent chronic fallout. For example, myofascial approaches restore fluidity to the fascia--normally a slippery tissue that surrounds all the moving parts inside the body--allowing freer movement of muscles and ligaments. Friction-based massage helps break up scar tissue and relieve stiffness. Trigger point therapy works by releasing tension held in tight knots of muscle. And any type of bodywork that stimulates circulation helps ease and prevent headaches.

Finally, the incident that caused the whiplash in the first place, (a car wreck, for instance) can be traumatic. Massage

helps relax a client's psyche as well as their muscles, helping her or him work through the emotional issues induced by the accident.

Because the neck is such a delicate part of the body, it is important to proceed with caution. Benjamin advises waiting a few days after the accident to seek treatment. This allows the initial scar tissue to knit, which is an important part of the healing process. The initial treatment should be extremely gentle, and if there is a chance of a fracture, a concussion, any disc problem or other serious injury, the client should make sure to see a physician first.

## Let the Healing Begin

It used to be that physicians would immobilize whiplash injuries with a cervical collar, but now health care professionals advise a more temperate course for their patients.

"I recommend gentle neck movement within your range of motion while lying on a pillow," says Benjamin. Movement may help prolong the benefits of the massage by continuing to circulate blood, oxygen, and nutrients through the healing tissue. "Heat or cold, whichever feels better, can also help," says Benjamin. "Soaking in a hot bath can also be beneficial." Limiting physical activity for a few days and getting plenty of rest in the wake of a whiplash injury is also a good idea.

Whiplash is traumatic and should be addressed soon after the injury to avoid any chronic problems. If you or someone you love is suffering from the repercussions of whiplash, consider a bodywork session to ease the discomfort. Massage can help lessen muscle pain, induce relaxation, and ease the trauma often associated with whiplash. You'll be back to your old self in no time.



**Bodywork has an arsenal of methods to treat whiplash injuries for a full recovery.**

# Magical Mango

*Shelly Burns*

Treating yourself to a mango is a perfect way to add some sunshine to your routine.

A mango is more than just a sweet, delicious fruit. It has properties beneficial to skin, including water-soluble vitamins like B2, B3, B6, folic acid (B9), and C. Mango is also a good source of beta-carotene and vitamin A.

Vitamin B complex delays skin's aging process. B vitamins provide a healthy glow, increased tone, and hydrated cells. The anti-inflammatory properties in B3 help skin retain moisture, alleviating dryness and irritation.

Vitamin C protects against the DNA damage that leads to skin cancer. This powerful antioxidant reduces the wrinkling effects of free radical damage, and combats other signs of aging by strengthening collagen and elastin.

Beta-carotene gives mango its wonderful

orange color and has an important role in protecting our skin's DNA. Dry, flaky skin can be remedied with the vitamin A derived from beta-carotene, which is important for repairing and maintaining healthy skin. Vitamin A has also been shown to help reduce and clear acne breakouts.

Other beneficial nutrients include magnesium, phosphorus, silica, sulfur, and vitamin E, which play a role in strengthening the connective tissue in our body, including skin, bone, hair, nails, and muscle.

Mango is not just beneficial to skin. Its nutrients reduce high blood pressure, the risk of stroke, and the chance of contracting heart disease. Mango also contains approximately 20 percent of the recommended dietary intake of fiber and enzymes, which promote healthy digestion.

Mango is especially helpful for long, dry winters, but you can enjoy it at any time

of year. It will help maintain smooth skin and a healthy glow.



**Mango offers a variety of health benefits**

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# Rhamnose

## All sugars are not created equal

*Shelley Burns*

Sugar is often at the center of a lot of negative press. It is not uncommon to hear news of its detrimental effects each week--childhood obesity, diabetes, and behavioral disorders, to name a few. We even talk about the negative effects of sugar in the world of skin care, as it is known to cause glycation, a metabolic process that weakens the collagen and elastin responsible for plumping up our skin, leading to wrinkles and premature aging.

Not all sugar is created equally, however. In fact, one form of sugar--rhamnose--has intriguing skin benefits.

Rhamnose is a sugar derived from the cat's claw plant (*Uncaria tomentosa*). Scientific studies have shown that topical application of rhamnose stimulates

collagen production and thickens the epidermis, both in lab tests and in human trials. Rhamnose also has soothing and anti-inflammatory properties as an added bonus--fascinating, and certainly counterintuitive to everything else we know about sugar.

Rhamnose does not act at all like sucrose (ordinary table sugar) in the body. Sucrose is one of the so-called "fast sugars," along with dextrose, glucose, fructose, maltodextrin, and products made from them, such as corn syrup, high fructose corn syrup, and invert syrup. All of these fast sugars contribute to a higher incidence of obesity and diabetes. Instead, rhamnose can play a role in ensuring proper cell and metabolic functions in the body--most importantly, allowing for regeneration

of the skin. Recently, skin care companies have taken rhamnose to the next level by including it in antiaging skin care products.

In addition to rhamnose, cat's claw has other immune-stimulating properties. It is used to treat arthritis and irritable bowel syndrome, and may also inhibit tumor cell formation. Pregnant women should avoid using cat's claw, though, as it can increase the risk of miscarriage.

*Shelley Burns, a doctor of naturopathic medicine, completed studies at the Canadian College of Naturopathic Medicine, and has certification in complementary and integrative medicine from Harvard University.*

*"The only reason for time is so that everything doesn't happen at once."*

-Albert Einstein

Spring is almost here! Hopefully, more sunshine. Time to increase your workouts to maintain the range of motion since muscles tend to shorten with increased activity. Enjoy your outdoor activities & travel plans :) Best, Julia

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