

## ICBC—Physiotherapy after an accident



If you have been involved in a vehicle accident either as a driver, passenger or pedestrian and have been injured, your physiotherapy may be covered by ICBC. You need to make an injury claim with ICBC. This can be done by phone, online or at an ICBC centre. Once this has been done, you will be given a claim number. You should see your doctor as soon as possible after an accident and in most cases start physiotherapy immediately. After a comprehensive assessment, your therapist will educate you about your injury; when and how much to move; when to resume activities such as work and recreational sports. Physiotherapy will help to settle your symptoms quickly to enable you to return to activity as soon as possible.

Most injury resulting from car accidents falls into the category of soft tissue injury. Soft tissue injury is a term used to describe injury or trauma to the musculoskeletal system (excluding fractures). The musculoskeletal system is defined as those parts of the body related to the muscles and skeleton. Soft tissue includes muscle, connective tissue, tendons, ligaments, joints, vertebral discs, and nerves. These structures work in synergy to provide stability and movement to the body. Damage to these structures is called a soft tissue injury.

Whiplash Associated Disorders (WAD)

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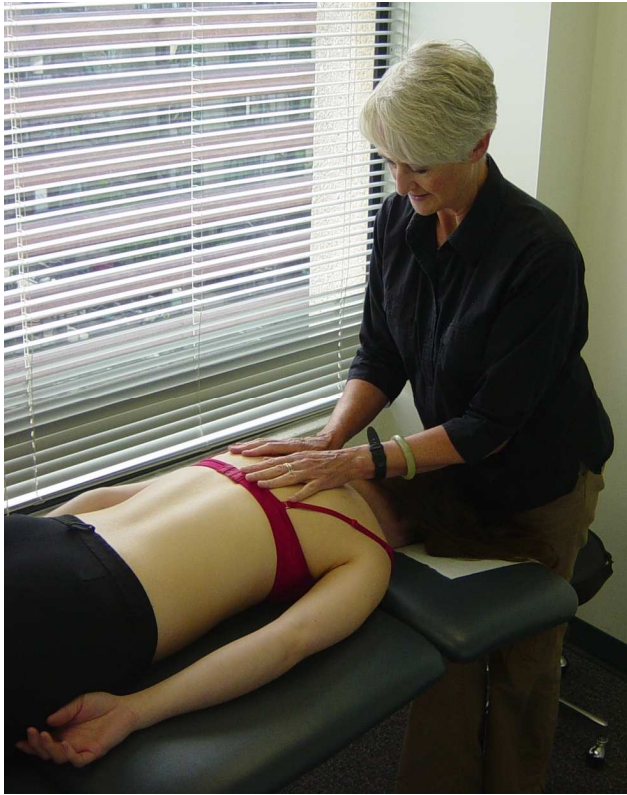
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### Whiplash Associated Disorders (WAD)

Whiplash is caused by the sudden forward/backward motion of the head that occurs at impact in an MVA. You may hear your injury described with a WAD classification. This relates to the extent and severity of the injury.

#### WAD 1:

- Minor complaints of neck pain or stiffness short lasting,
- No physical signs and vague location of pain
- Normal range of motion.

#### Wad 2:

- Neck pain and stiffness, muscle hypertonus (tightness)
- Decreased range of motion, point tenderness

#### Wad 3:

- Neck pain and stiffness, maybe severe, referred symptoms
- Decreased range of motion, point tenderness
- Neurologic deficits: reflex, sensory, motor weakness in nerve root pattern.

Most whiplash injuries are a WAD 1 or 2 and the following concerns these grades only. It is important to have your condition assessed by your Physiotherapist or Doctor before undertaking any self management of your injury.

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