

Sports Therapy

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

Spinal Therapy

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

GUNN IMS - Intra-Muscular Stimulation

Pilates Based Core Stability Training

ICBC Treatment of Injury Post MVA

Active Rehabilitation Programs

WCB Treatment for Work Related Injury

Worksite Evaluation, Ergonomic Assessment & Wellness Program Development

Functional Capacity Assessment and Medical Legal Reporting

Women's Health

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

Injury Prevention Education

Seniors Programs

- Fall Prevention
- Fitness
- Post Surgical

Respiratory Care

Arthritis Treatment and Management

Neurology



Burrard Physiotherapy

You're In The Right Hands

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SOFT TISSUE INJURY

**AFTER A MOTOR VEHICLE
ACCIDENT**



PHYSIOTHERAPY & 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)

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.

Management of WAD 1 or 2

Day 1 - 2

Treat the injury as you would a sprained ankle, rest the area and apply ice for 15 minutes every 2 hours. Gently move your head through a full range of motion – forward and back & side-to-side. Do not do full neck circles.

Day 3 – 10

Many times, the most stiffness is felt on the 2nd or 3rd day after an accident. It is vital to maintain normal range of motion through this period. By performing hourly neck exercises, prolonged stiffness is prevented. You should see your therapist for an individually tailored programme of range of motion and stretches



One Week Plus

Strengthening exercises will likely be added 10 to 14 days post injury. This will help restore normal biomechanics and prevent ongoing or recurring problems. Your physiotherapist will safely guide you back to activity.

Returning to Normal Activities

Safe return to activity should be guided by your range of motion, pain levels and recovery rate. It may be uncomfortable to do any activity for an extended period of time, so

doing things in shorter bursts will help, stretching the muscles being used for that activity on a regular basis will ensure they don't start to tighten back up and cause more pain. Most people can continue in their normal daily activities with a little adjustment to timing. Depending on your injury, you may have to take time off some of your more vigorous/high impact activities e.g. basketball or running, you may need to wait 7 to 10 days to allow the muscles some recovery time. Your therapist will guide you through a safe return to activity

Returning to Work

The guidelines outlined above apply to work as well. Most people don't find it necessary to take time off work. However, those with jobs that require heavy lifting or inflexible schedules may need time off. Again your health professional will assist you in making these decisions. It is important to note that taking time off work does not mean bed rest, it means altering your activities and incorporating rehabilitation into your daily schedule. Often it is possible for a worker to cut down hours for a short period instead of taking time off completely.

What is the long-term effect of an injury?

For most people, the symptoms of whiplash usually subside in 2 to 4 weeks. The expected outcome of almost all soft tissue injuries related to motor vehicle accidents is a complete recovery. At Burrard Physiotherapy Associates, we will give you the tools (exercises, education etc) to help your healing, however, the recovery process requires that you take responsibility for and participate in your recovery. Remember compliance with exercise prescription and recommendations from your physiotherapist is directly related to the outcome of your injury recovery.