

# Whiplash

Whiplash is a common term for sudden acceleration-deceleration forces on the neck as a result of rear-end or side-impact motor vehicle collisions, driving accidents and/or other mishaps.

Whiplash can be a debilitating injury that is financially, physically and psychologically costly.

## Who are we?

The RECOVER Injury Research Centre is a joint initiative of the Queensland Motor Accident Insurance Commission (MAIC) and The University of Queensland.

The mission of RECOVER is to produce breakthrough research that leads to better outcomes after injury.

**This project has been granted ethical clearance from The University of Queensland Human Research Ethics Committee.**

For further information

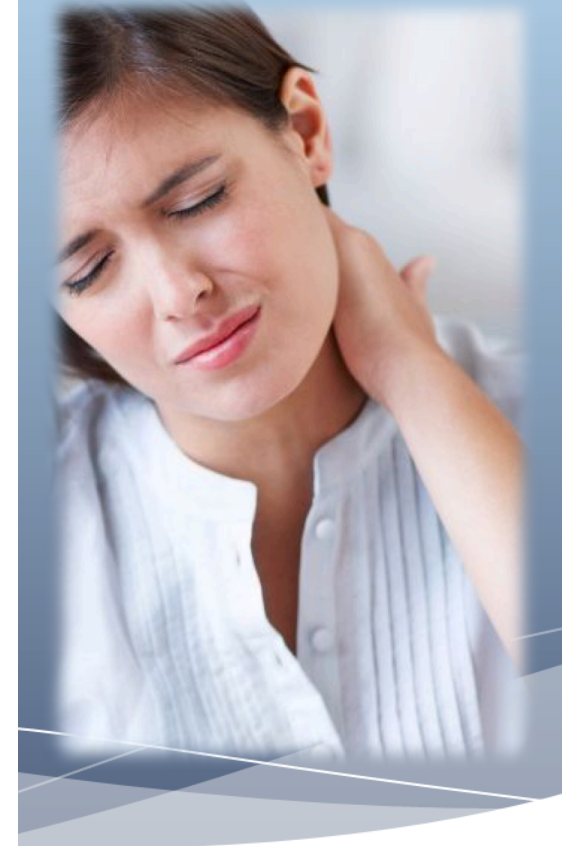
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Are you still having neck pain from your whiplash injury?



**REGAIN  
CONTROL OF  
YOUR PAIN**



**RECOVER**  
Injury Research Centre

## What is this study about?

You will find out how effective physiotherapy is for your chronic whiplash pain.

We will be able to add up the results from a lot of people like yourself and compare the effectiveness of physiotherapy between individuals with whiplash that have and do not have post-traumatic stress symptoms.



## Chronic Whiplash

Whilst most healing occurs in the first 2-3 months:

- > Up to 50% will never fully recover
- > 30% will remain moderately disabled by their condition



## We are looking for...

Adults aged 35-65 years with chronic whiplash of greater than 3 months

If you are interested in taking part in the study please contact the research team at [recover@uq.edu.au](mailto:recover@uq.edu.au) or phone (07) 33346 4873 to confirm your eligibility

## What is involved?

Participants will receive evidence-based physiotherapy 2 times per week for 4 weeks.

You will be asked to complete questionnaires and fill out a journal for the length of the study.

There will be a follow-up questionnaire 4 weeks later.