

# World Physiotherapists & Physicians Summit

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## **Whiplash injury: Science and clinical practice, can we bridge the gap?**

A whiplash injury commonly occurs at a high or low velocity motor-vehicle accident with an un-expectant occupant subjected to acceleration and deceleration G-forces with physiological, neuroplastic and pathological consequences. Victims of whiplash injury complain of multisite and variable pain during or after an accident. Although the cervical spine is most commonly affected thoracic and lumbar spines should be included as sources of pain. Biopsychosocial therapy has been found to reduce central nervous system hyperexcitability in chronic pain patients. Extensive investigations to understand

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