1. Abstract

Title
Whiplash associated disorders

Aim of thesis
To present overviews of the whiplash phenomenon from different perspectives: epidemiological, biomechanical, biopsychosocial, and treatment.

Method
A comprehensive review

Results
There is little direct evidence for the lesion or lesions that cause whiplash (despite some promising indicators), except at the higher grades of injury. Because of this, and the apparent sensitivity of the incidence and prognosis of whiplash to non-clinical factors, explanations have been sought that lie outside the biomedical model (in which pain can be attributed to the presence of a lesion) and instead whiplash phenomena are being increasingly viewed from a biopsychosocial perspective. This perspective seeks to explain the etiology and prognosis of whiplash by encompassing biomechanical, biomedical, social and psychological factors.

Acute WAD is best treated with early physical activity and active treatments, rather than with passive treatments. For chronic WAD (i.e., cases where symptoms have persisted for more than six months), radiofrequency neurotomy is effective in cases where diagnostic blocks have indicated the presence of injury associated with the cervical zygapophyseal joints. The combination of cognitive behavioral therapy with physical therapy interventions has also been found to be effective.