

It's good to talk

Dear Anna

I was involved in a car accident 2 weeks ago, hit from behind at about 5mph whilst sitting at lights. Just after the accident I was fine – but the next day my neck became sore. Over the last week, the neck pain has got much worse, coupled with headaches and the occasional pain in my arm. Can you help?

Rebecca

Sorry to hear about your accident. To assess you fully, I would need details of the accident and a careful examination to rule out serious injuries, before treatment for what sounds like whiplash. Damage occurs even at low speeds – the forces acting on you are still considerable. The impact can reverse the curve in your neck and may also lead to a dramatic change in posture. Whiplash injury can be severe, interfering with daily life. Pain may radiate into the arms and hands, shoulders or the whole back. If pain is severe or present for more than a few days after an accident, it is wise to seek help and advice.

Chiropractors are trained to deal with whiplash injuries. Initially, reducing inflammation and soreness are a priority. Longer term, the goal is to restore movement and strength and promote healing. Treatment is gentle, as the ligaments have

often been damaged by the accident. Exercises, a special pillow or even changes in your diet may also be suggested.

The good news is that most whiplash injuries respond well to care, and it is extremely rare that surgery is required.

Dear Anil

We have been married for over fifteen years now and we have had some good times early on in the marriage, we have two children who have now got their own lives and don't require our full attention. Over the last two or three years, I have felt like there is something missing in our relationship. I feel empty and lost, sometimes I get very down because we hardly talk to each other and I find myself crying alone. We don't go anywhere and we don't have sex anymore, it seems like I am living with a lodger. It feels like I am the only one that is experiencing this.

Relationships are complex things and sometimes it's not so easy to find a resolution. I know that a lot of people reading this letter will be able to relate to your issue. All relationships will have problems, if you think there should not be problems in your relationship then that is a problem itself. If a relationship is to work after 15 days or 15 years it will require the combined effort of both people, if one party is not putting in the effort then it becomes more difficult, if both parties are not putting in the effort it can become impossible. It seems that you both have to sit down and have a serious talk about whether you want this relationship to work. Sometimes when relationships go stale people just carry on and accept things as they are, they don't see outside the box, what is sometimes helpful is for both of you to be honest with each other and then go from there. If you find this difficult to do then it might be helpful to see a therapist.



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Chiropractic is the Science, Art and Philosophy that concerns itself with the restoration of good health by restoring and maintaining a properly functioning neuromusculoskeletal system, without the use of drugs or surgery.

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