

Factors Adversely Affecting the Prognosis in Motor Vehicle Trauma Cases

1. Female.
2. Over 50.
3. History of head injury, severe headaches, or prior whiplash injuries.
4. Pre-existing spinal arthritis.
5. Pre-existing degenerative disc disease.
6. Pre-existing spinal stenosis.
7. Prior cervical fusion.
8. Pre-existing reversal of the cervical lordosis.
9. Poor posture.
10. Prolonged sleep disturbances.
11. Recent history of depression.
12. High stress levels.
13. Smoker.
14. Driving a small size vehicle.
15. Distance of head from head restraint greater than four inches.
16. Head rotated at the moment of impact.
17. Rear-end crash.
18. No anticipation of impact.
19. Early radicular symptoms.
20. Loss of consciousness.
21. Severe initial pain.
22. Moderate or greater pain levels between the shoulder blades within two weeks of the injury.
23. Need for cervical collar beyond two weeks.
24. Multiple flare-ups.
25. Delay of more than four weeks in initiating appropriate treatment.
26. More than two weeks off work due to injuries.
27. Multiple periods of disability.
28. TMJ dysfunction, either pre-existing or developing as a result of the injury.
29. Inability to progress with rehabilitation exercises.
30. Treatment that does not involve spinal manipulation.

The reference for any of the above factors can be obtained by calling (760) 744-1881.