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## THE BEST WHIPLASH CLINICAL REVIEW MEDICAL JOURNAL ARTICLE EVER

In 1994 an article appeared in the peer reviewed MEDLINE indexed medical journal *Pain* entitled: "Whiplash Review." The authors were Drs. Les Barnsley, Susan Lord and Nikolai Bokduk, leaders in the field of whiplash research both then and now. The introduction stated: "Whiplash is perceived to be a very common and troublesome disorder, and conflicts prevail as to whether it is a syndrome arising from neurosis and the desire for compensation or a definite organic disorder. In order to address these conflicts, this review draws together the available information concerning the epidemiology, clinical features, pathophysiology and treatment of whiplash injury."

Since this twenty-four page journal article with scores of references was published in 1994, this reporter has carefully monitored the medical literature and can say with certainty that this study still stands as the single most authoritative on the subject, by far. It is frequently quoted in current studies. No one has performed such a thorough review of the literature since 1994. Here are a few key points:

"Together, these studies indicate that between 14 and 42% of patients with whiplash injuries develop chronic neck pain and that approximately 10% will have constant, severe pain indefinitely."

". . . the leading contenders for explaining chronic neck pain following whiplash injury are injuries to the zygapophyseal (facet) joints, the intervertebral discs and the upper cervical ligaments."

". . . there is no real evidence that malingering for financial gain, contributes in any significant way to the natural history of whiplash injury. The unavoidable conclusion is that the majority of whiplash injuries result in real, organic lesions in genuine patients." (*Pain*, v. 58, 1994, p. 283-307)

If you are involved in automobile accident litigation, you must have a copy of this article in your library.

## MEDICOLEGAL SERVICES CONTACT INFORMATION

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