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Whiplash: A Patient Centered Approach to Management, 1e

Meridel I. Gatterman MA DC MEd

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Providing a balanced, evidence-based discussion of whiplash and its associated disorders, **Whiplash: A Patient Centered Approach to Management** compiles information from many sources into a single, definitive reference. It clearly delineates rationales and procedures, covering cervical spine anatomy, neurology, kinesiology, epidemiology, patient history and assessment, imaging, soft tissue injuries, articular lesions, rehabilitation, and prognosis. Using numerous full-color photos and illustrations, an expert author team led by Dr. Meridel Gatterman offers concrete guidelines for a patient-centered approach to care of whiplash and whiplash-related conditions -- one that recommends minimally invasive procedures and therapies whenever possible. A companion Evolve website includes video clips showing stretching exercises, printable patient handouts, and narrated PowerPoint slides.

- **A patient-centered approach to care** emphasizes working with patients as partners, with both preferring minimally invasive procedures and therapies where appropriate, in a way that promotes self-healing, a holistic approach to the patient, and a humanistic attitude with regard to the patient/practitioner relationship.
- **An easy-to-follow organization** helps you to clearly identify whiplash and plan a course of treatment, beginning with an in-depth description of whiplash and the various approaches to treatment and moving on to cover the anatomy of the cervical spine, the mechanism of injury, physical examination, and imaging, then continuing with the management of whiplash injuries and complications such as headaches and joint injuries.
- **Full-color photos and illustrations** clarify concepts and procedures.
- **Evidence-based content** is based on findings in current literature, and cited in chapter references.
- **Coverage of both typical and less common types of whiplash injuries** helps you accurately assess varied symptoms and avoid overlooking any related signs and symptoms.
- **Detailed coverage of the relationship between the cervical spine and the cervical distribution of the autonomic nervous system** helps you recognize the potential complications of whiplash and how nerve anatomy informs these complications.
- **More than 20 tables and charts** provide a quick reference to facilitate review of the material.
- **A glossary** provides definitions and pronunciations of terms related to whiplash.
- **Expert author Meridel Gatterman, MA, DC, MEd,** is one of the leading chiropractic academics in the U.S., has written several other chiropractic textbooks and many peer-reviewed journal articles, has served as both a Dean and Director for two different chiropractic schools, and currently acts as a Consultant to the Oregon Board of Chiropractic Examiners.
- **A companion Evolve website** includes video clips of a chiropractor performing stretching exercises, plus an image collection, narrated PowerPoint slides, and printable patient handouts.

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Jane Moore:

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