Recovery of a Triple Whiplash Accident

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ABSTRACT

Five years ago, the author survived a nasty car accident which brought her to the place of offering healing for others. This paper demonstrates how ‘patient users’ in web space may document a lot of their health details on their own in the form of narratives, as well as meticulously prepared lists that can be shared in ‘user driven health care’ forums and commented on by health professionals who genuinely want to help them. The author’s connection with non-mainstream healing is strong. This author shares that even after getting an MRI by a neuro-radiologist, the testing was not followed up by competent care. It was not carefully explained to her so she understood the implications of the lesions for further activities of daily living by the neuro-radiologist but rather it was left to the chiropractor to explain even though he may be ill-equipped to provide post injury brain care and life skills management. Finally, the narrative points toward the fine balance between finding effective treatment options and the responsibility of providing financially for oneself and family after a debilitating injury.

Keywords: Healing, Patient Users, Traumatic Brain Injury (TBI), User-driven Healthcare Forums, Whiplash Injury

The traffic stalled on the highway and I was forced to stop in heavy traffic. I heard a crash behind me. Then it was dark and felt as if I was tumbling around in clothes dryer. What had happened was that a large teaching truck’s brakes failed. My car with me and my grandson in it was hit three times from various sides. I got out of the car, functional to some degree as I drove by ambulance to the hospital for an X-Ray.

I was always healthy and I did not have a family doctor before the crash, who would have known how my health was. I have learned from this that a family doctor is good to have and that it does not go so well if no doctor understands how well you used to be. It is really good to have a family doctor. My new doctor first prescribed several massages.

These were my health complaints:

- Constant back pain.
- Pain in neck and back of skull.
- Pain moving head forward and back.
- Back pain during the night.
- Less flexibility when driving and turning head.
- Headaches on the back, on top and at the front.
- Mentally not alert.
- Pain front of chest (belt).

DOI: 10.4018/ijudh.2012040107