

There's hope after car crash whiplash

ANCHOR LEDE

Whiplash is a common injury after a car crash. The good news: there's a range of treatments to help people live normally.

TAKE VO

Doctor Zeeshan Ahmad, a spine specialist at OSF HealthCare, says if there are no broken bones, physical therapy and medicine may do the trick. If not, you may get an M-R-I to rule out other issues. Then, a provider may perform injections of lidocaine and/or a steroid.

SOT

Dr. Zeeshan Ahmad (ZEE-shawn // ah-MOD)
OSF HealthCare spine specialist

"When the medicine goes in, it will bathe the nerve and the disc. The swelling of the disc and nerve will get better. A swollen nerve becomes less swollen. A bulging disc retracts. All of this makes the canal roomier for the nerve." (:09)

VO TAG

Injections may then become a regular thing.