

There's hope after car crash whiplash

Run time - :35

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. Tim Ditman of OSF HealthCare has more.

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Doctor Zeeshan Ahmad, a spine specialist at OSF, 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.

**\*\*\*SOUNDBITE\*\*\***

**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)**

I'm Tim Ditman.

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Injections may then become a regular thing for the person.