

There's hope after car crash whiplash

*****SOT*****

Jim Magsamen (MAG-suh-men)
OSF HealthCare patient

"My dad, uncle and I were coming back from a Canadian fishing trip early on a Sunday morning. My dad fell asleep driving. We hit a concrete bridge head on. I got a crushed T12 [vertebra] and whiplash in my neck from hitting the windshield." (:21)

*****SOT*****

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

"In rear-end accidents, the driver's neck goes into an extension right away. [The neck] going back is followed by a sudden movement forward." (:24)

*****SOT*****

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

"The front part of the spine has ligaments. When the neck goes back, there's a tendency for those ligaments to get strained. When the neck goes forward, the back ligaments can get strained." (:21)

*****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)

*****SOT*****

Jim Magsamen (MAG-suh-men)
OSF HealthCare patient

"If you're worried about the needle, it's nothing. It's a very simple procedure." (:06)