History & Exam Diagnosing Whiplash (4hrs) ~ Steven C Eggleston, DC
Back To Chiropractic CE Seminars

Instructions: Answer all questions and email answers to: marcusstrutzdc@gmail.com
Please DO NOT scan tests or test answers, simply just type answers in an email.
For Fill-in Questions: just write your answer.
For Multiple Choice Questions: list your answers, letter choices only, in a NUMBERED vertical column
Example:
1. A
2. B
3. C
4. The spinal column.

40 Questions. Choose the best answer according to the notes.

1. Whiplash Syndrome includes which of the following lists of injuries?
   a. Neck injuries, brain concussion, PTSD, irregular heartbeats, and end state renal disease
   b. Neck and spine injuries, brain concussion, PTSD, irregular heartbeats, inner ear damage, broken teeth and coronary artery disease
   c. Neck and spine injuries, brain concussion, PTSD, irregular heartbeats, torn ligaments in the joints of your arms, lets or spine, nerve damage, inner ear damage and bruises
   d. Neck and spine injuries, brain concussion, PTSD, irregular heartbeats, broken teeth, cuts, scrapes, bruises and amyotrophic lateral sclerosis.

2. The percentage of patients that fully recover after a car accident is approximately:
   a. 33%
   b. 45%
   c. 60%
   d. 75%

3. The most common symptom after a car accident is:
   a. Anxiety
   b. Neck Pain
   c. Whiplash
   d. Back pain

4. What percentage of car accident patients have a brain concussion?
   a. 40-50%
   b. 10-20%
   c. 70-80%
   d. 20-30%

5. Fill-in Question. What percentage of brain concussion patients develop sleep apnea?

6. Which of the “soft tissues” heals in 3-6 weeks?
   a. Muscles
   b. Nerves
   c. Ligaments
   d. Tendons

7. Which of the following tests are well-respected in court and help you “demonstrate” an injury to a jury or claim adjuster?
   a. X-rays, fluoroscopy and thermography
   b. X-rays, fluoroscopy and MRI
   c. X-rays, MRI and surface EMG
   d. X-rays, surface EMG and thermography

8. What can you know for certain if the patient is not 100% healed within 3 months?
   a. The patient does not have a simple muscle injury
   b. The med-pay has run out so it is time to dismiss the patient
   c. It is time to release the patient “with residuals” because you are too lazy to figure out what is really wrong with the patient
   d. send a narrative report to the PI attorney so you can get your lien paid as soon as possible
9. When should you be able to accurately predict the car accident patient’s long term prognosis?
   a. After the final examination
   b. After the very first examination and x-rays
   c. When the attorney asks me to do an apportionment
   d. When the med-pay runs out

10. Fill-in Question. When the radiologist states the x-ray films are a “normal study”, should you believe it (especially if the patient isn’t 100% healed within three months)?

11. X-ray films that demonstrate torn ligaments and joint instability are called:
   a. Adequately radiopaque
   b. Stress views
   c. 2 view cervical series
   d. Adequately radiolucent

12. Steve Eggleston tells his personal injury clients:
   a. If your pain lasts longer than twelve weeks and your doctors cannot explain why you continue to have pain in your neck or other joints, I suggest you find a new doctor that knows more
   b. If your med-pay runs out before your chiropractor can fix your pain, put the balance on a lien and I will pay it from the settlement
   c. Don’t worry if you still have pain more than twelve weeks after your accident because the insurance companies are very generous and will give you a lot of money for “residual pain.”
   d. Don’t worry, Chiropractors can fix “anything”

13. What should you write in your report if the patient is not well in twelve weeks and now you have finally figured out what is really wrong with the patient?
   a. I finally figured out what is wrong with this guy
   b. I may have underestimated the nature and extent of this patient’s injuries
   c. The patient is released with residuals because I’m not smart enough to figure out what is wrong with him/her
   d. The patient is released with residuals and there is no treatment on earth that can help him/her

14. Pain that lasts longer than six to twelve weeks after a car accident involves:
   a. tendons, ligaments and/or nerves
   b. tendons, nerves and/or a huge med-pay policy
   c. tendons, a huge med-pay policy and an incompetent chiropractor
   d. tendons, an incompetent chiropractor and frequent lunar eclipses

15. Fill-in Question. Which ligament-healing treatment involves injections of 5% to 25% dextrose into the area of the torn ligament?

16. Some of the best treatments for torn tendons or ligaments are:
   a. Prolotherapy, PRP and Stem Cell Injections
   b. Really hard chiropractic adjustments on that joint
   c. Prolotherapy followed by really hard chiropractic adjustments on the joint
   d. Stem Cell Injections followed by really hard chiropractic adjustments
17. What best describes a patient’s joint where a ligament has been torn:
   a. It should be adjusted just like any other patient which has not had trauma
   b. The ligament never heals, the joint is permanently unstable and the joint tries to heal the instability with degenerative arthritis
   c. Voodoo usually fixes it
   d. The more adjustments you do on it, the better it gets

18. When you take stress x-rays and find torn ligaments, the best course of treatment is to:
   a. refer the patient out for an MRI
   b. NOT adjust that joint and refer the patient for Prolotherapy, PRP or Stem Cell Injections
   c. Adjust that joint really hard about 25 times and then refer the patient for Prolotherapy, PRP or Stem Cell Injections
   d. Refer the patient to a dentist to have their teeth examined

19. Numerous studies have shown that a joint with a partial tear of a ligament will:
   a. Respond very well but ONLY to the chiropractic technique YOU use
   b. Become arthritic within just a few years
   c. Work just fine after you adjust the joint 3 times a week for 4 weeks, 2 times a week for 4 weeks and 1 time a week for 4 weeks
   d. Feel a LOT better the harder the adjustment

20. Fill-in Question. What is the word that best describes the sound the patient hears when they have a torn ligament in their neck?

21. What words describe the pain (other than local pain in the torn ligament itself) that the patient feels when they have a torn facet capsule ligament in their neck?
   a. Phantom ligament pain
   b. Referred ligament pain
   c. Residual pain that I can’t figure out
   d. A pain in the behind

22. A doctor has a patient who complains of pain. If the doctor is inclined to tell the patient “There is nothing wrong with you”, a better (more honest) explanation is:
   a. It’s all in your head
   b. Your pain is psychosomatic
   c. I cannot find the problem. Let me refer you to someone else.
   d. Go away, you’re annoying me

23. Referred ligament pain is:
   a. Very specific and when you put your finger on the painful spot, the patient says, “Yeah, doc. You’re right on it.”
   b. Vague and non-specific and usually described as an “ache”
   c. Easy to treat just by doing therapy over the area of the vague ache
   d. Mostly psychosomatic so you can just ignore it in your patients

24. If a patient who was in a car accident complains of trapezius area pain, you should:
   a. Do massage and ultrasound on the trapezius
   b. Do laser and electric muscle stimulation on the trapezius
   c. Consider that the trapezius muscle is not where the injury is located
   d. Adjust the 1st and 2nd ribs on that side
25. Fill-in Question. If the patient has trapezius pain that is not 100% well in six weeks, the patient most likely has a:

26. What best describes how fast trapezius pain goes away when the true cause is ligament referred pain?
   a. It is 100% gone in six weeks
   b. It heals faster the more you adjust the neck
   c. There is no gradual improvement over time
   d. Faster than a speeding bullet with the chiropractic technique you use

27. The location of ligament referred pain when the right C2-3 facet capsule is torn is:
   a. The right middle trapezius
   b. The right suboccipital and occipital areas
   c. The left suboccipital and occipital areas because everyone knows that the nerves in the brain cross over to the other side of the body
   d. The maxillary sinuses on the right

28. The location of ligament referred pain when the right C4-5 facet capsule is torn is:
   a. The lower right trapezius
   b. The right lower neck and shoulder (upper trapezius)
   c. The right side of the lower neck and the middle trapezius area on the right
   d. The right epidural space

29. The location of ligament referred pain when the left C5-6 facet capsule is torn is:
   a. The left occiput
   b. The left shoulder, upper and middle trapezius where a LOT of whiplash patients say they hurt
   c. The left upper neck
   d. The ligamentum flavum

30. Fill-in Question. Janet Travell, MD, who was President John Kennedy’s personal physician did research showing that you can trigger a pain somewhere else in the body by stimulating an area some distance away from where that pain is triggered. She called these ___________ points.

31. How can a Chiropractor tell on an X-ray film which torn ligaments are “old” and which are “new” from the recent car accident? Old torn ligaments…
   a. show DJD but new torn ligaments have no DJD and show extra movement, stair stepping or joint instability on the X-ray film
   b. heal up just fine so you will not see any X-ray changes but new torn ligaments have a frownie face imogee right next to them on the X-ray films
   c. are bright yellow on X-ray film and new torn ligaments are bright red on X-ray films
   d. I don’t know because I don’t even take or order X-ray films on my patients

32. Why does arthritis form in joints with injured ligaments?
   a. Because the patient is old and all old people get arthritis
   b. Because the patient went to a MD when they tore that ligament and everybody knows chiropractic care is better and would have cured the torn ligament if they had gone to a chiropractor
   c. Because it is the body’s natural way of stabilizing an unstable joint
   d. Because the patient had a cortisone shot in that joint
33. Pick the sentence that makes you sound the smartest when you write it in your PI narrative report.
   a. My technique is better than any other technique so I can heal torn ligaments
   b. I can state with reasonable medical probability that this patient needed 47 chiropractic treatments on his neck because he had a C5-6 facet capsule ligament tear
   c. I can state with reasonable medical certainty that the torn ligaments observed on these stress x-ray films were caused by the patient’s recent car accident. If these ligaments had been torn before this accident, there is absolutely no way that her joint would look this pristine, clean and arthritis-free.
   d. I can state with reasonable medical certainty that the sky is blue

34. Muscle guarding and muscle splinting in the neck of a patient after a car accident are best treated with:
   a. Massage, ultrasound and electric muscle stimulation
   b. Ultrasound, laser and electric muscle stimulation
   c. Leaving the muscle spasms alone and directing treatment at the true cause of the secondary muscle guarding or splinting which is usually a torn facet capsule in the neck. A referral for Prolotherapy, PRP or Stem Cell is a good idea.
   d. Massage, ultrasound, EMS, laser and the most forceful adjustments on earth

35. Fill-in Question. What type of arthritis is known to happen in a patient’s joint(s) or spine after ligament(s) are torn in that joint or spine?

36. Stress APOM X-rays can be taken to show torn alar or accessory ligaments and joint instability at C1 and C2 when the patient has the following symptoms:
   a. Neck pain, brain concussion and a high white blood cell count
   b. Neck pain, PTSD and an inner ear infection
   c. Neck pain, dizziness, lightheadedness and headaches
   d. Headaches and a painful right mortise joint

37. The X-ray findings on a patient with torn alar and/or accessory ligaments in the neck include:
   a. Stair stepping on George’s line
   b. Asymmetrical lateral Atlanto-Dental Interspace (ADI)
   c. The body of C1 will slide sideways off the body of C2 in one direction or the other
   d. Both “b” and “c” are true

38. Which X-ray films show stair-stepping on George’s line and indicate torn ALL or PLL ligaments in the neck?
   a. Lateral neutral cervical
   b. Cervical obliques
   c. Lateral flexion and extension cervical
   d. AP low cervical

39. What is the best course of action when the patient has torn neck ligaments after a car accident?
   a. Take a full Davis series, take 2 stress APOM films instead of one neutral APOM, then look for stair stepping on the flexion and extension cervical and look for asymmetrical ADI and lateral movement of C1 on C2 on the stress APOM films
   b. Do NOT use forceful adjustments on that patient’s neck
   c. Order a video fluoroscopy within 2 or 3 months after the accident to assess all 22 neck ligaments for torn ligaments
   d. All of the above should be done
40. Fill-in Question. If you do not find any torn ligaments on the x-ray films of a car accident patient AND the patient gets 100% percent better with-in 6 to 12 weeks with your care, do you think the patient had any torn ligaments in their neck?

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