

Recovering from Whiplash Injuries

Good news about whiplash! Although it may take some time, most people recover fully.

We cover care from the following providers:

- Medical Doctor
- Chiropractor
- Physiotherapist
- Athletic Therapist

Note: You do not need a referral from your doctor to see a chiropractor, physiotherapist, or athletic therapist.

Together with Chiropractors, Physiotherapists and Athletic Therapists, we've developed guidelines for treating whiplash. At the start of any treatment, ask your health care provider how these guidelines apply to you.

What to expect should you require treatment

Your health care provider should outline the treatment that is best for you. Generally, improvement should come quickly. If you think you're not improving quickly enough, discuss this with your health care provider.

How do I know if I'm recovering as I should? Ask yourself these questions:

- Do I understand my condition?
- Am I feeling better now than I did when I started treatment?
- Have treatment goals and milestones been discussed with me?
- Has my treatment plan changed to reflect my progress?
- Have I stopped taking medicines which I started because of my injury?
- Have self-management measures such as exercises been discussed with me?

If you answered no to any of these questions, talk with your health care provider to better understand your condition and recovery. Remember, you and your healthcare provider are on the same team, working towards the same goal: your recovery. Your Case Manager's role is to make sure you understand and receive the benefits to which you are entitled.