

Whiplash & Shin Splints: A Few Good Things to Know

When dealing with injuries such as whiplash or shin splints, it is important to first conclude if it is acute, subacute, or chronic. If acute, it may be a newer injury with a lot of inflammation. In that case you would want to decrease the inflammation and perform lymph-drainage techniques while using ice. For subacute, injuries being a few weeks or months old, the goal would be to increase circulation to get blood flowing, and do cold and hot hydrotherapy (3 minutes cold, 1 minute hot, 3 minutes cold, alternating for 20 minutes total). Chronic injuries, an injury that was never taken care of, or a reoccurring injury over the years, is an injury that someone has had for a very long time. In this case, the goal would be to decrease adhesion with specific massage techniques while using deep-moist-heat on the targeted area.

Whiplash

Whiplash is an acceleration or deceleration injury to the head and neck. Muscles affected include the Sternocleidomastoid (SCM), Scalenes (anterior, middle, and posterior), Levator Scapulae, upper Trapezius, Splenius, and Suboccipitals. Depending on position at the time of whiplash, other muscles may be affected. Here are some products that have been shown to help with the different stages of injury.

- Inflammation: Intenzyme Forte or KappArest
- To get the lymph fluid flowing and detoxify the lymphatic organs: Homeopathic Remedy #2, Lymphatic Drainage
- Joint support: ChondroSamine Plus
- Increase blood circulation: VasculoSirt
- For chronic issues, Bio-Musculoskeletal Packs, which supplies an array of nutrients to support your musculoskeletal system.

Shin Splints (MTSS, Medial Tibial Stress Syndrome)

Shin splints is a condition that causes pain and sometimes swelling in the front part of the lower leg and is caused by inflammation of the fibrous covering of the bone and the attached muscle fibers. Muscles affected include the Tibialis anterior, Tibialis posterior, Gastrocnemius, and the Soleus. The Soleus is also called "The Second Heart" muscle, and it is a deeper muscle in the lower leg that assists with pumping blood back to your heart.

Some supplements to help with bone pain and inflammation are:

- Optimal EFA Caps
- Bio-D-Mulsion Forte
- Sculacia
- Bio-Allay
- KappArest
- Intenzyme Forte

If you are also experiencing muscle cramping with muscle contraction, here are a few products to assist with neuro-muscular support:

- E-Mulsion 200
- E-200 Hy
- Bioctasol Forte

Please contact us with any questions or for more information on any of the products listed.

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