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## Learning Objectives

MedBridge Massage  
*Whiplash Background and Muscular Influences*  
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### Course Objectives:

- Describe the incidence and prevalence of whiplash over time, as well as the history and controversies around whiplash treatment
- Describe the biomechanical processes behind whiplash symptoms, and common scenarios that lead to whiplash symptoms
- Explain how psychological factors interact with biological factors to exacerbate and prolong symptoms of whiplash

### Chapter 1: Background and Incidence

Whiplash is a common injury that receives significant attention, but is not always perfectly understood. Join Doug Nelson as he defines the incidence and prevalence of whiplash, and explores the history of whiplash treatment and controversies surrounding whiplash.

### Chapter 2: Biomechanics of Whiplash

Nearly one third of motor vehicle accidents are rear-end collisions. In this chapter, Doug Nelson describes the biomechanics of whiplash within the context of motor vehicle accidents, and other common causes of injury.

### Chapter 3: Psychological Factors

Beyond the physical impacts of whiplash, significant psychological factors are associated with whiplash and the events that typically cause it. In this chapter, Doug Nelson provides key information for therapists treating whiplash regarding the impact of psychological factors on the treatment of whiplash