

Risk Factors for Persistent Problems Six Months or More Following Whiplash Injuries.

Risk Factors for Persistent Problems Six Months or More Following Whiplash Injuries. Pain on the VAS Greater than 55/100 is the strongest predictor of ongoing problems at long-term follow-up. This was a systematic review and meta-analysis from 11 cohorts (N=3193) the authors isolated 9 key predictors for a negative prognosis they were as follows; 1. No postsecondary education, 2. Female gender, 3. History of previous neck pain, 4. Baseline neck pain intensity greater than 55/100, 5. Presence of neck pain at baseline. 6. Presence of headache at baseline. 7. Catastrophizing, 8. WAD grade 2 or 3, 9. No seat belt in use at time of collision.

Walton DM, Pretty J, Macdermid JC, Teasell RW. Risk Factors for Persistent Problems Following Whiplash Injury: Results of a Systematic Review and Meta-analysis. J Orthop Sports Phys Ther 39(5):334-350, 2009