

Acceleration Of Degenerative Disc Disease Following Whiplash Injuries

“Follow-up roentgenograms taken an average of 7 years after injury in one series of patients without prior roentgenographic evidence of disc disease indicated that 39% had developed degenerative disc disease at one or more disc levels since injury.”

There was an expected incidence of 6% degenerative change in the population over this period of time.

“Thus, it appeared that the injury had started the slow process of disc degeneration.”

“In another follow-up study of patients with similar injuries but with preexisting degenerative changes in the neck, it was observed that after an average of 7 years 39% had residual symptoms, and roentgenographic evidence of new degenerative change at another level occurred in 55%.”

“Of considerable interest was the finding in both series that there was no statistical correlation between the development of degenerative changes and continued symptoms.”

The Cervical Spine

**The Cervical Spine Research Society
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