Isolated C2 Cervical Spinous Process Comminuted Fracture Secondary To Whiplash Injury - Case Report

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INTRODUCTION:
An acute whiplash injury follows sudden or excessive hyperextension, hyperflexion, or rotation of the neck and causes neck pain and other symptoms. Neck injury following whiplash trauma is the most common musculoskeletal injury seen in traffic crashes, and yet it is one of the more poorly understood disorders of the spine. There are a multitude of factors that contribute to a poor outcome; some relate to the fragility of the patient, some relate to patient factors at the time of the crash, and some relate to the vehicle environment. [1]

CASE REPORT:
A 52 years old gentleman presented with chronic neck pain for the past 1 week with the history of road traffic accident prior to this. Patient was a car drive and was struck by a car from behind. Post trauma, patient complaint of neck pain however never seek for any medical attention. Pain persisted for 1 week and visited Orthopaedic clinic. Radiological investigation was done and from CT cervical noted C2 spinous process comminuted fracture extending to both lamina with atlantoaxial joint subluxation. On physical examination, noted paravertebral muscle spasm over the cervical region with no neurological deficit however reduced range of motion over the neck in view of pain.
Patient was treated conservatively with soft collar and analgesic. Patient was given 3 weekly follow up in clinic and was discharged well from clinic care after 5 months of injury.

DISCUSSIONS:
Whiplash injury is common in road traffic accidents and may also be caused by sports injuries, falls or assaults. Most cases of whiplash injury occur as the result of rear-end vehicle collisions. Patients may present with neck pain and stiffness, occipital headache, thoracic back pain and/or lumbar back pain and upper-limb pain and paraesthesia. It is essential to consider serious injury in the immediate period following injury.
Whiplash-associated disorders (WAD) can be classified by the severity of signs and symptoms from grade 1-4. [2]

REFERENCES: