



**BRAD YOUNG DC, PC  
DBA: YOUNG CHIROPRACTIC  
DR. BRAD YOUNG**

---

## **WHIPLASH AND TPR 20**

TPR 20 is one of the most important tools I use to help patients suffering from injuries associated with whiplash. It is a simple and effective way of controlling pain, inflammation and moving my patients through the three phases of healing at a faster rate.

In order to show what TPR 20 can do for whiplash I need to explain what tissues are damaged with this type of injury. I will then be able to share the three phases of healing involved in a whiplash injury and then how TPR 20 aids in the recovery process. My goal is to impress upon your mind how incredible TPR 20 is and how it is a smart option to utilize in patient recovery.

I was told recently by a supply representative that the lotions that are available on the market today focus on pain relief or reduction of inflammation not both. If the reduction of pain and inflammation was all that TPR20 provided I would be happy because it targets both. TPR20 has exceeded my expectations, not only does it target pain and inflammation but provides more to aid the patient back to health. Let me explain.

In a whiplash injury the main tissues injured are tendons, ligaments, fascia, muscle and nerve. Injury to these tissues creates pain, inflammation and muscle spasm. With increased inflammation and muscle spasm more pressure can be placed on nerves. When this happens the body thinks the problem is worse. What ensues is more muscle spasm as the brain tries to keep the body from moving more and damaging nerves. A vicious downward cycle can be created with pain increasing, increased inflammation and muscle spasms. This is why someone in an auto accident can feel fine right after the accident and the next day be in intense pain not able to move. The most common complaints after a whiplash injury are headaches, neck pain, arm pain, shoulder pain and pain radiating into upper back.

If TPR 20 is introduced at the beginning of treatment pain, inflammation and muscle spasm can be controlled. By doing this, the process of healing can occur at a faster pace. Studies have shown that the faster motion is restored to a joint the quicker it can heal. As a chiropractor my job is to restore motion to a joint which will help relieve pressure on nerves, reduce muscle tension, decrease inflammation and help the body heal faster. TPR 20 has greatly increased my patient's ability to heal after whiplash injuries. In fact almost all injuries that I have encountered with my patient have been improved by applying TPR20.

Visit <http://www.TPR20Info.com> for information on TPR 20 Topical Pain Relief and Anti-Inflammation Cream



**BRAD YOUNG DC, PC  
DBA: YOUNG CHIROPRACTIC  
DR. BRAD YOUNG**

---

## **THREE STAGES OF HEALING**

In a whiplash injury there are three stages of healing. Applying TPR20 quickens and improved the body ability to heal in all three phase.

### **THE ACUTE OF INFLAMMATORY PHASE (0-72 hours)**

Also called the inflammatory stage, the acute phase occurs at the time of the injury, and continues for up to 4 days. During the acute phase, inflammation occurs. The purpose of the inflammation is to neutralize toxins so that the repair process (which occurs in later stages) can begin.

While the initial inflammatory phase is one that protects us, it can cause problems as well. If the inflammation gets out of control, it can spread to areas that are not injured, or last for periods of time longer than what is needed. Since the inflammatory phase sends out search and destroy chemicals, it may break down some of the healthy tissue. Also, the swelling causes a splinting of the joint.

Treatment in the acute phase of injury (first four days) requires the doctor to reduce any swelling (inflammation) that might further push on the spinal cord or its nerves and to reduce pain. Restoring motion is also important in this phase, the motion helps increase circulation into and out of the joint complex. While it may temporally increase inflammation, it also helps carry out inflammatory substances.

As mentioned the main soft tissues injured after a whiplash are muscles, ligaments, fascia, nerve and tendons. Ligaments, fascia and tendons are made of collagen. When the ligaments and tendons are injured, the body produces collagen to heal them. The problem with ligaments and tendons is that the body offers them a poor blood supply and therefore a poor chance to completely heal.

TPR20 aids a doctor in this first phase of healing by providing control over inflammation and by providing building blocks for the formation of good collagen fibers. The control of inflammation and pain allow the patient more mobility after an accident and increase the body's natural ability to heal itself. Because new collagen fibers are laid down irregularly the increased motion will allow the collagen to form along tension lines and not in a haphazard matrix. TPR 20 also increases blood supply to muscle and protect nerves from damage.



**BRAD YOUNG DC, PC  
DBA: YOUNG CHIROPRACTIC  
DR. BRAD YOUNG**

---

TPR20 provides the following ingredients that enhance healing in phase I:

**Devils Claw:** Provides pain relief, help control inflammation, can be compared to the strength of cortisone of phenylbutazone

**Willow Bark Extract:** Provides pain relief, help control inflammation

**Lidocaine:** Pain relief by blocking pain signals at the nerve ending to tissue

**Menthol:** One of the safest pain relievers and anti-inflammatory

**Boswellia:** Effective anti-inflammatory and pain reliever

**Folic acid:** Prevents nerve damage from pain

**Alpha Lipoic Acid (ALA):** Protects nerve tissue from free radical damage.

**Green Tea Extract:** Blocks inflammation-causing cytokines

**Glucosamine Sulfate:** Important in the formation of synovial fluid that will cushion joints and increase joint range of motion.

**MSM:** Methyl Sulfonyl Methane removes pain and inflammation causing toxins.

**Evening Primrose Oil:** Increases the production of anti-inflammatory prostaglandins that reduce pain and inflammation.

**Phytondione (vitamin K1):** Necessary for normal blood clotting

**Vitamin E (Tocopheryl Acetate):** A proven inflammation fighter

### **Why NSAIDs are not the best option:**

Injured muscles release healing prostaglandins that cause collagen to be laid down in muscle fibers to make them larger and stronger. NSAIDs (non-steroidal anti-inflammatory drugs) slows healing by blocking healing prostaglandins, thus delaying recovery and collagen production. They prevent bones, muscles, tendon and ligaments from thickening and becoming stronger. Studies performed using NSAIDs and their effects on animal ligaments showed a 32% decrease in strength in the injured ligaments compared with injured ligaments of the controls. TPR 20 provides the body with healing ingredients that help the body develop good collagen fibers naturally and help decrease pain at the same time.

Visit <http://www.TPR20Info.com> for information on TPR 20 Topical Pain Relief and Anti-Inflammation Cream



**BRAD YOUNG DC, PC  
DBA: YOUNG CHIROPRACTIC  
DR. BRAD YOUNG**

---

## **THE SUB-ACUTE OR REPAIR PHASE (Day 4 – Day 21)**

The sub-acute stage of healing takes place between the 4th to the 21st day after the injury occurs. This stage is marked by new growth of connective tissue and capillaries, to help repair damaged structures. Tissues in this stage are very fragile, so placing stress on the injured area is best limited to a therapist's or doctor's skilled hands. During the sub-acute stage, inflammation decreases and pain that is related to damage tissue may occur.

The proliferative phase is characterized by angiogenesis, collagen deposition, granulation tissue formation, epithelialization, and wound contraction. In angiogenesis, new blood vessels are formed by vascular endothelial cells. In fibroplasia and granulation tissue formation, fibroblasts grow and form a new, provisional extracellular matrix (ECM) by excreting collagen and fibronectin.

In this phase TPR 20 provides the body with building block to speed up healing. All the ingredients listed above are still helping with inflammation and pain that continues into this phase of healing.

TPR20 provides the following ingredients that enhance healing in phase II:

**Allantoin:** Promotes the formation of new healthy cells

**Alpha Lipoic Acid:** Is a super-antioxidant and protects nerve tissue from free radical damage.

**Green Tea Extract:** One of the most powerful antioxidant compounds

**Citrus Bioflavonoid:** Strengthens the circulatory system. The more blood and oxygen the injured tissue the faster that tissue can heal.

**Glucosamine Sulfate:** Important for the formation of bones, tendons, ligaments cartilage and synovial fluid. It is said to be the first effective, root-level remedy with joint building power.

**MSM:** Repairs damaged cartilage, muscle, tendon and joint. It also helps regenerate healthy new tissue.

**Vitamin A:** Is known to help repair damaged tissue and may be beneficial in counteracting free radical damage.



**BRAD YOUNG DC, PC  
DBA: YOUNG CHIROPRACTIC  
DR. BRAD YOUNG**

---

**Vitamin C:** Has been shown as a key building block in the formation of cartilage, collagen and other types of joint tissue. Inadequate levels of nutrients (mainly vitamin C and oxygen) from either inadequate dietary intake or poor transport through the vascular system can lead to poor tissue formation, increase in pain and more probable susceptibility to injury later on.

### **THE REMODELING OR MATURATION PHASE (After 21 days)**

During this phase the collagen fibers are maturing and are becoming stronger. In fact the first 6 weeks, new collagen production dominates the wound healing process, deposited randomly in acute wound granulation tissue. As the wound matures, collagen is remodeled into a more organized structure with increased tensile strength. Gradually, type I collagen replaces type III.

TPR 20 continues its role in this final stage of healing by aiding in formation of good collagen fibers. Ingredients that help this phase have been listed already in phase II.

The Spine Research Institute of San Diego recognizes that many of the chronic pain sufferers and persons disabled by whiplash injury might be spared that fate by a more effective and broad scope approach to treatment and rehabilitation. Rather than the common passive role, patients should be encouraged to take an active part in their rehabilitation, and should be provided with every means practical to make a quick and complete recovery.

I hope by now you know why I love to use TPR 20 and its uses extend beyond whiplash. I have not found its equal. It has been a great addition to my practice. It has offered my patients faster healing, less time in pain and time saved due to less frequent treatments. I cannot think of anything better for a patient to use between treatments than TPR 20.

If you have any questions about TPR 20 and its many uses please feel free to call me.

Sincerely,

Dr. Brad Young D.C.

**If you would like to talk to Dr. Young, please contact Trans Research Labs Inc. We will be happy to arrange a call for you.**

**Email [info@transresearchlabs.com](mailto:info@transresearchlabs.com) or call toll free: 1 877 829 9962**

Visit <http://www.TPR20Info.com> for information on TPR 20 Topical Pain Relief and Anti-Inflammation Cream