

and, in fact, there is no conclusive evidence to suggest that manipulation or traction are effective conservative treatments for neck pain and significant lethal complications have occurred as a result of chiropractic manipulation (*Spine*, Vol. 26, No. 2, 2001).

Of greatest importance with respect to this lady's injury and her diagnosis is that she has been taught a self directed independent training program for ongoing discomfort in the region of her neck. Ms. demonstrated for me reasonable knowledge of a self directed exercise program that she can perform independently under no supervision, and further formal supervised management is unlikely to benefit her. In general, the maximum amount of supervised treatment that is required for this type of injury is a six week program of directed physiotherapy at a frequency of two to three times per week.

11. *Is any further treatment likely to reduce Ms. current level of impairment or disability? Is so, what type of treatment would be most beneficial in assisting her to return to her preaccident level of functioning?*

Further supervised treatment is unlikely to be of further benefit in this regard. She is encouraged to continue with her home exercise program independently.

12. *Did the claimant suffer from any pre-existing conditions that may be causing any current problems, or that has exacerbated any injuries sustained in her latest motor vehicle accident?*

Pre-existing medical conditions were not identified.

13. *Please advise whether the claimant is capable of driving and taking public transportation.*

I believe this lady is fully capable of utilizing public transportation. She does not hold a license to drive.

14. *Does the claimant require any pharmacological intervention to maintain or increase her current level of functioning with respect to her preaccident caregiving or ADL duties?*

In the context of accident related injuries, pharmacological intervention is not necessary to maintain or increase her level of functioning in this regard.

15. *Prognosis of resolution of symptoms.*

This lady's prognosis is excellent. Most individuals with this type of injury become asymptomatic within six months of the date of the injury, and those who do not are expected to continue to show improvement for as long as two to three years. The presence of symptoms does not in any way preclude a return to all of one's pre-accident activities.