

Is Chiropractic Care Needed After An Auto Accident?



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Auto accidents vary from being severe and life-threatening for the driver to minor fender benders with the people involved

walking away seemingly uninjured. Unfortunately, auto accidents occur quite often and injuries can go undetected.

At first, you may feel a little stiff or sore, but appear to be uninjured. Unfortunately, it is not uncommon for auto accident injuries to go hidden for months or even years. When you do begin to have pain, you may feel it in your back and neck. The pain may be accompanied by headaches and tension.

You might suffer from these symptoms and not realize that your injuries resulted from a seemingly small auto accident. Without a diagnosis and care, you might use painkillers or wear braces to temporarily mask or reduce the pain. Doctors of chiropractic specialize in structural and soft-tissue damage and are well acquainted with auto accident injuries.

Most people are surprised at how misaligned their necks and joints can get from simple auto accidents. Chiropractors can readjust your neck and back to get them into proper alignment, as well as use additional therapies that will

help your muscles and other soft tissue heal more quickly. A chiropractor will try to correct all of the underlying improper musculoskeletal biomechanics that can be a great source of pain.

Chiropractic care is natural. The pain is treated by directly fixing the problem rather than prescribing drugs. It is also less invasive. No surgical tool, cutting or blood is involved. All joint alignments are performed with the healing touch of your doctor's hands or other techniques that may be appropriate for your condition.

Five things You Need To Know About Being Involved In An Auto Accident:

1. Medical professionals all agree that the first 72 hours after an injury are the most critical and a time in which treatment can be most effective.
2. Damage to your vehicle does not necessarily correlate with bodily injury. Your car may not show much damage, but your body may.
3. A soft-tissue injury can be permanent. If you do not receive treatment for this type of injury, scar tissue can form in your muscles, leaving them less flexible and prone to reinjury in the future.
4. After you have been evaluated, you can rest assured knowing that you had an extensive exam and, if necessary,

diagnostic imaging completed to determine if there was an injury.

5. Statistics show the longer you wait for treatment after you are injured, the longer it takes to heal and the more extensive your treatment may be. Injuries typically do not heal on their own.

It is wise to see a chiropractor immediately after an auto accident to ensure that you don't have any hidden injuries that will severely affect your life later. Every member involved in an auto accident should at the very least be examined to protect their rights. In the state of Florida, if you are involved in an auto accident you have certain rights to protect and care for yourself. You should exercise those rights before accepting any assignment from your insurance company. Your chiropractic doctor should be able to explain the benefits that are available to you. Don't wait. Get checked today! ♦

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