

BACKBONE WELLNESS INSTITUTE

CHIROPRACTIC | REHABILITATION | THERAPY

A 1998 graduate of Palmer College of Chiropractic in Davenport, IA, Dr. Clinton Garda has stayed committed to "staying on top" of the latest research. After practicing for many years in Chicago, Dr. Garda founded the Backbone Wellness Institute, LLC to provide the best care possible for the people of Cincinnati. Whether a patient has been in an auto accident, suffered a sports injury or is just feeling the effects of life; his mission for the last 17 years remains the same; getting sick people well as quickly as possible and as cost effectively as possible

One of only 400 Chiropractors certified in the Clinical Biomechanics of Posture or CBP, Dr. Garda has continued to educate himself and others. Through his community outreach and public speaking programs, he has touched thousands of patients and other chiropractors with his passion and sincerity. He often says, "My challenge is to create a pivot point where I can motivate you from knowing to doing and taking action today!"



Clinton J. Garda, DC
CHIROPRACTIC PHYSICIAN

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www.backbonewellness.com

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WHEN ACCIDENTS
HAPPEN... **WE CAN
HELP.**

**WHAT TO DO IN AN
AUTO ACCIDENT**
Please keep this Brochure in your
Glove Compartment

513.891.2111



A RECENT STUDY FOUND 93% OF CHRONIC WHIPLASH CASES IMPROVED WITH CHIROPRACTIC CARE**.

**Woodward MN, Cook JCH, Gargan Mf, Bannister GC. Chiropractic treatment of chronic 'whiplash' injuries. Injury: International Journal of the Care of the Injured. 1996, 27(9):643:645.



WHAT DO I DO AFTER AN ACCIDENT?

Remain Calm!

Call 911 to report the accident and to seek emergent medical attention.

Photograph damages to both vehicles and the area of the accident.

Call us Immediately

Your injuries could be worse than you think. Delay in seeking treatment could compromise your case. An experienced Doctor will know what to record, clinically, so the insurance company will understand your injury thoroughly. Also, we can refer you to an attorney that specializes in Auto Accident/Injury cases.

Consult an Attorney

As time passes, evidence can get lost and memories fade. Also, there are deadlines to make claims. Delay can cost you money. Insurance adjusters' job is to pay you as little as possible. An experienced attorney will use the clinical information effectively to recover a compensation you deserve.

Notify your Insurance Company

Your insurance company will direct you in receiving repairs on your vehicle and gather important information used by the attorney in your case.

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Symptoms of whiplash may not begin to show until at least 72 hours after an accident.

COMMON SYMPTOMS OF WHIPLASH

- 🌀 Neck Pain and Stiffness
- 🌀 Headaches
- 🌀 Low Back Pain
- 🌀 Shoulder / Arm Pain
- 🌀 Fatigue
- 🌀 Numbness and Tingling in Arms



Your Scheduled appointment is:

Date M T W Th F

Time AM PM

513.891.2111



INFORMATION TO OBTAIN:

OTHER DRIVER

Name: _____
Address: _____
Cell Phone: _____
DL#: _____
Date of Birth: _____
Insurance Co: _____
Policy #: _____

OTHER VEHICLE

Make / Model: _____ Year: _____
License #: _____
Vehicle ID: _____
Owners Name: _____
Address: _____
Phone: _____

WITNESSES

Name: _____
Address: _____
Phone #: _____

POLICE OFFICER

Name: _____
Department: _____
Badge #: _____

* Get a copy of your police report

