



Automobile Accidents

Whiplash?

Thousands of people experience debilitating pain from automobile accidents each year. Have you or someone you know been involved in a motor vehicle collision? One of the most common injuries from a car crash is the damaging effect of whiplash. Whiplash occurs when a sudden, jarring movement of the head is sustained backward, forward or even to the side. Whiplash destabilizes the spine and causes severe pain as well as these other indicators:

- Blurred vision
- Neck pain
- Headaches
- Dizziness
- Shoulder pain
- Reduced range of motion in the neck
- Arm pain
- Neck stiffness
- Low back pain



It is critical that chiropractic care is sought immediately after an automobile accident since allowing the effects of whiplash to go untreated can induce long-term pain. The seriousness of the physical effects of an accident is not always known or felt immediately following. It can take days, weeks or even months for major symptoms to show up, which is why chiropractic care is essential to maintaining the health of a spine that has been through a trauma.



Any body part that is jarred or thrown forward unexpectedly and beyond normal limits can sustain stretched ligaments and even tears. Those supporting the head and neck are especially vulnerable to this kind of tearing during a collision. Since chiropractors specialize in the care of bones, muscles, nerves and connective tissue, they are crucial to visit after an accident. All those major parts of the body are important to keep in optimal health and correct alignment so they can function properly and all body systems can operate seamlessly.

Early care and treatment means full healing and recovery is quickly realized. Even a car crash that is seemingly minor with limited damage to the car itself can cause serious injury to the driver and passengers. Chiropractic treatments are the right step toward restoring the body. They relieve pain, make necessary adjustments to spine alignment and may include massage or foam roller techniques. Beyond treatment, advice for optimal nutrition, as well as exercises to continue healing on your own after appointments, are just a few examples of the way Frontier Integrated Health Center chiropractors care for the whole individual after an accident.