# **The Shocking Truth About Car Accident Injuries -** What You Must Know If You’ve Been in An Auto Accident

Car accidents cause over 37,000 deaths and leave over 1.7 million people injured each year in the United States. Car accidents are the leading cause of death in America for those under the age of 55. Auto crashes are the cause of a range of different physical and emotional injuries, and depending on the scenario of the accident itself, there can be many ranges of injuries from cuts, scrapes and whiplash to broken bones and permanent disabilities.

There are several key factors to the severity of injuries, which include weather conditions, speed, road conditions, vehicle size and design, location within the vehicle, whether seat belts were worn, and airbags deployed. Although a majority of injuries are minor, like scratches, bruises and scrapes, other injuries can be more serious, like broken bones and whiplash.

# What You Must Know If You’ve Been in An Auto Accident

Even though the initial injuries may not be serious, many people do experience lifelong disabilities because of their injuries, often because correct treatment was not pursued following the accident.

Injuries sustained from car accidents, whether those injuries are physical, psychological, or both can have significant negative repercussions for many years after the accident occurs. After a car accident, there are many short-term effects that if not treated correctly, to begin with, will create long-term effects that may not be able to be reversed. Allowing your body to heal correctly is the most significant way to ensure your future quality of life is not affected.

The truth about car accident injuries is that if you take drugs to numb the pain, yet don't opt for a lengthy physical treatment schedule, the injuries will not only remain unattended in your body but will worsen over time.

**Whiplash**

Whiplash is the term used to describe an injury to either the bones or soft tissue within the neck. Whiplash is the most common injury evolving from car accidents and is also often difficult to treat. Almost 300,000 whiplash injuries occur every year, and even low-speed accidents can cause whiplash. The long-term effects of untreated whiplash can have a negative impact on many things.

Whiplash injuries include injury to:

* Neck muscles
* The cervical portion of the spine
* Ligaments
* Bones
* Nerves

Whiplash symptoms are caused by the sudden flex or extension of the neck as seen most commonly in rear-end accidents. The symptoms can include neck pain or stiffness, muscle and ligament injuries, dizziness, headaches, prickly or burning sensations in the neck, as well as back and shoulder pain. Some people who suffer from whiplash also have other symptoms like memory loss, increased nervousness, irritability, lack of concentration, fatigue, depression and insomnia.

**Other Motor Vehicle Accident Related Injuries**

*Pinched Nerves*

Another very common injury caused by auto accidents is a pinched nerve. The symptoms include sharp pains when twisting moving or twisting a part of the body, and should be treated with proper care to ensure the chance of any long-lasting nerve damage is eliminated

*Broken Back and Other Bones*

Broken backs are a common injury received in auto accidents, and once the break has healed, a chiropractor should be a large part of the physical recovery. Broken bones form what is called a bone scar (also known as a callus) to heal itself. These bone scars are far stronger than the rest of the bone, and chiropractic care will ensure scar tissue around the bones does not inhibit range of motion. Car accident injuries often cause spinal subluxations, which are caused by the improper positioning of the spinal bones which affects the nerve communications between your body and your brain.

**Standard Treatments for Motor Vehicle Accident Injuries**

Common physician-prescribed treatments for whiplash can include pain or anti-inflammatory medications, antidepressants and muscle relaxants, however, these types of drugs only relieve pain for the problem, while the underlying physical element remains present.

Medications most commonly prescribed for relief from whiplash pain have negative associated side effects. Anti-inflammatory drugs can put you at a much higher risk of stroke and heart attacks and can cause gastrointestinal problems, increased blood pressure and kidney problems, all of which can be avoided if the proper treatment is carried out for the cause of the pain.

Whiplash treatment should include a neck brace to create neck stabilization, as well as physical therapy. When correct treatments are carried out, most of the pain associated with whiplash injuries will begin to subside within a few days, with most people seeing a full recovery within three months.

**How to Treat Motor Vehicle Accident Injuries with Chiropractic Care**

*Whiplash*

When your body is whipped back and forward beyond its ordinary limits, micro-tears develop in the surrounding ligaments and are quite often not present immediately. The problem with soft tissue injuries is that they take a long time to correctly heal, and when they heal, they create scar tissue. It is important to receive chiropractic care after a whiplash injury because scar tissue can inhibit your spine’s function, and cause degeneration.

If your spine is not aligned during recovery from whiplash, there is a high chance your full range of motion won’t recover, due to the scar tissue forming around the spine, limiting movement. The most common treatment practices by chiropractors for whiplash injuries will include spinal adjustments, spinal decompression, remedial and relaxation massage therapy, as well as physical therapy to encourage healing of the muscles and tendons.

*Other Motor Vehicle Accident Related Injuries*

For pinched nerves, a chiropractor will make manual spinal adjustments as which help to relax the nerve endings, allowing them to heal and return to their original locations.

**How Chiropractic Care Helps**

Chiropractic care allows for the treatment of patients with back and neck pain, without the need for pharmaceutical assistance. Qualified chiropractic doctors are highly skilled and trained in all aspects of injury management and rehabilitation and the management of musculoskeletal disorders. Many have furthered their therapeutic skills towards massage therapy and therapeutic exercise techniques, including yoga. Chiropractic doctors are trained to help heal car accident injuries without drugs, by using methods that include physical spinal adjustments, electric muscle stimulation, rehabilitative exercises and more.

To prevent long-term weaknesses associated with auto vehicle injuries, chiropractic care should be a standard part of any motor vehicle accident recovery. The rehabilitative process that chiropractors provide will help to strengthen the muscles around the spine and improve flexibility. Visiting a chiropractor straight after an accident occurs will mean a much quicker recovery time in most cases.