

- |  |   |
|--|---|
| <input type="checkbox"/> Anxiety             | <input type="checkbox"/> Periods of depression                              |
| <input type="checkbox"/> Tremors             | <input type="checkbox"/> Rapid heart beat                                   |
| <input type="checkbox"/> Constipation        | <input type="checkbox"/> Diarrhea   |
| <input type="checkbox"/> Early arthritis     | <input type="checkbox"/> Painful joints                                     |
| <input type="checkbox"/> Poor circulation    | <input type="checkbox"/> Mental dullness                                    |
| <input type="checkbox"/> Pinched nerves      | <input type="checkbox"/> Any change from previous condition before accident |
| <input type="checkbox"/> Shortness of breath |   |
| <input type="checkbox"/> Fatigue             |   |

## **Chiropractic's role in legal and insurance questions after an accident.**

### **Insurance:**

The many advantages of chiropractic care following accidents are recognized by most insurance companies and are routinely covered in personal injury cases. Your chiropractor's staff will be happy to assist you with any insurance forms necessary.

### **Legal action:**

Courts all over the country recognize doctors of chiropractic, who are trained and experienced in personal injury cases, as expert witnesses. Thousands of accident victims have recovered fair compensation for resulting injuries due to the expert testimony of their chiropractor.

One of the many noted attorneys who recognize that chiropractors have a good record for treating neck, spine and back injuries is the internationally noted trial lawyer, Melvin Belli. He says that no matter who the orthopedic specialist, neurosurgeon or medical person is, he or she has not helped as many patients as the chiropractor within the chiropractor's field.

Most cases are settled outside the courtroom. However, if the responsible party's insurance company refuses to settle, your doctor of chiropractic will be happy to testify about your injury and its result on your health.

Give this pamphlet to a friend  
who has suffered in an  
accident recently

Complements of:  
**Dr. Cameron Stewart**  
Chiropractic Physician  
[www.drcam.rocks](http://www.drcam.rocks)

# **After the Accident**





## After the accident!

Time is an important element in good health care. Many people are unaware of the fact that even minor automobile accidents can have major ill effects on their health months, or sometimes years, later. Spinal misalignments may occur with impacts considered unimportant at first because no symptoms were evident. Nevertheless, a doctor of chiropractic should be consulted for a spinal checkup before it is too late to prevent the loss of your good health.

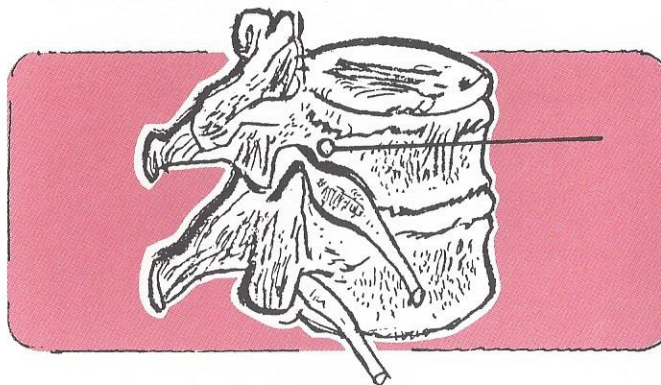
### Was it just a minor accident?

Anytime two autos impact, there are thousands of pounds of force exerted upon the neck and spine of each passenger. The head is very heavy compared to the neck. It weighs an average of 14 pounds and sits on the most fragile and flexible part of the spine and neck. With 32 joints in its short span, the neck is easily stretched or injured when thrown in any direction. The violent force of one automobile striking another can thrust the head in the direction of the striking vehicle. Muscles can be stretched and an intense spasm in the opposite direction can occur. Sometimes there are broken bones and sometimes painful injury to ligaments, nerves and muscles. Sometimes there is injury although pain does not show up until later.

### How does a chiropractor help?

After an automobile accident a lack of broken bones does not necessarily mean the victim is uninjured. There may or may not be immediate pain, but many times there will be pain that shows up later as referred pain. When a bone is broken and heals with more bone, it becomes stronger than ever before. However, scar tissue that forms when soft tissues heal never returns to its original state; it remains weaker and less resistant. An immediate examination can determine if soft tissue has been damaged.

Treating the cause of the problem, not just the symptom, doctors of chiropractic usually can give rapid relief. They are trained to determine if there are spinal misalignments which they can treat with comfortable, corrective measures that are called spinal adjustments. If not corrected, these misalignments could cause trouble and ill health at a later date. This is why a



thorough checkup by a chiropractor following a seemingly harmless accident is "insurance" against future problems. Corrective chiropractic adjustments will allow the free flow of nerve energy that enables the body to heal itself.

### What is referred pain?

Problems of misalignment of the vertebrae can cause pain elsewhere. Misalignments obstruct the nerve energy that reaches out to **all** parts of the body. Thus pain of a headache could be originating from an injury to the cervical vertebrae in the neck. This is called "referred pain" and chiropractors are trained to recognize both the symptom and its cause. A pain in the hip, leg or foot may be caused by pinched nerves in the lower back. Shoulder, arm or hand pains may originate in the neck. Pain is a warning signal from your body and should be reported to your

doctor of chiropractic promptly so that its origin can be determined and treated.

### Why does some pain show up later?

Pain is nature's way of telling you something is wrong. However, sometimes injuries to the spine are not intense enough to bring constant pain—or even early pain. Often early symptoms of these injuries subside and then recur weeks, months or even years later. If the injuries had been checked by a doctor of chiropractic in their early stages, they could have made corrective adjustments to prevent later and recurring pain.

### Your chiropractor corrects the cause.

Your doctor of chiropractic has received extensive training in finding and correcting the underlying **cause** of your problem and is dedicated to doing so. An extensive history will be taken from you and will be followed by a physical examination to determine whether your condition is a chiropractic case. If it is not, they will tell you. If it is, a program of treatment will be instigated to correct your problem.

### A checklist for after the accident.

If you have any of the following symptoms in the days and weeks after an accident, you should see your doctor of chiropractic immediately:

- |  |  |
|--|--|
| <input type="checkbox"/> Tension                 | <input type="checkbox"/> Muscle swelling           |
| <input type="checkbox"/> General aching all over | <input type="checkbox"/> Neuritis                  |
| <input type="checkbox"/> Bursitis                | <input type="checkbox"/> Muscle spasm              |
| <input type="checkbox"/> Tendonitis              | <input type="checkbox"/> Dizziness                 |
| <input type="checkbox"/> Nausea                  | <input type="checkbox"/> Loss of hearing           |
| <input type="checkbox"/> Loss of balance         | <input type="checkbox"/> Light blindness           |
| <input type="checkbox"/> Ringing in the ears     | <input type="checkbox"/> Coldness of hands or feet |
| <input type="checkbox"/> Tingling in the limbs   | <input type="checkbox"/> Stiff or painful neck     |
| <input type="checkbox"/> Numbness in the limbs   | <input type="checkbox"/> Double vision             |
| <input type="checkbox"/> Migraine headaches      | <input type="checkbox"/> Painful back              |
| <input type="checkbox"/> Loss of neck motion     | <input type="checkbox"/> Insomnia                  |
| <input type="checkbox"/> Nervousness             | <input type="checkbox"/> Poor memory               |
| <input type="checkbox"/> Blackouts               |  |