



Discover Life Chiropractic

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# The Chiropractor's Role in Car Accidents

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# The Chiropractor's Role in Car Accidents

A car accident can happen at any time. While the damage caused by such an accident doesn't always pose as a life-threatening risk, the Association for Safe International Road Travel reports that approximately 1.3 million individuals are killed each year by a car accident. This calculates to an alarming number of 3,287 deaths each day caused by such an accident. They also report that the majority of deaths caused by auto vehicle accidents account for individuals aged between 15 and 44. Death by car accident have also been classified as the 9<sup>th</sup> leading cause of death, accounting for approximately 2.2% of all deaths recorded around the entire world.

A car crash does not always result in death. In fact, it is reported that up to 50 million individuals are involved in a car crash each year and suffers an injury, or some sort of disability, due to



the car crash. In the United States alone, as much as 2.35 million individuals are severely injured or disabled due to a car accident each year. It is also estimated that death caused by road accidents will become the 5<sup>th</sup> leading cause of death by the year 2030, based on current trends around the topic.

## Injuries Caused By Car Accidents

A car accident can vary from a mild bump to a more severe accident where the entire car is damaged, also damaging the lives of the

individuals found inside the car at the time of the accident. FindLaw reports that on average, a total of \$277 billion of damage accounts for the cost of car accidents within the United States alone each year. The severity of a car accident often determines the amount of damage done to the road, the car, the environment where the accident happened and, of course, the individuals contained within the car. It is reported that the most common types of injuries obtained through a car accident includes:

- Head injuries
- Back injuries
- Neck injuries
- Chest injuries

Furthermore, injuries to the feet, hands, legs and arms are also quite common. A car accident may also involve external parties at some times, such as a pedestrian crossing the road or a motorcyclist that became part of the entire accident. Facial, internal and spinal cord injuries can also occur and often results in severe symptoms that may require surgery.



## Whiplash Injuries

Whiplash injuries are also a common injury that people involved in a car accident often experience. This type of injury usually causes damage to the neck and may involve displacements within the neck. BC Medical Journal explains that this is usually caused by the torso's forward acceleration that occurs when an accident happens. While the torso is pushed forward, the head usually stays in a still position. They continue to explain that researchers and medical professionals who are conducting

studies on the biomechanics of whiplash injuries have found the following sites to be especially vulnerable when such an injury occurs:

- Cervical facet joints
- Facet capsular ligaments
- Dorsal root ganglia
- Vertebral arteries
- Cervical muscles
- Craniovertebral junction



While all of the above mentioned sites in the human body may be impacted by a whiplash injury, they report that the facet joints are

usually the culprit that is linked to chronic pain that is caused by this type of injury. They also report that muscle injuries are sometimes responsible for symptoms in patients with whiplash injuries.

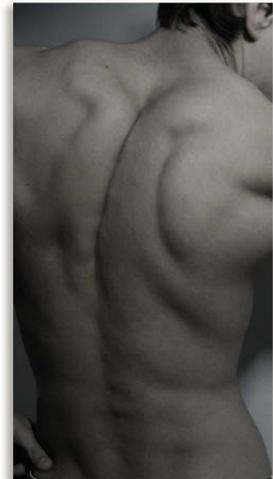
## Delayed Injury Symptoms

While many people experience the effects of a car accidents immediately upon impact, mental fog and confusion often onsets a person involved in a crash and may cause delayed injury symptoms. These symptoms are signs of physical damage that have been caused by the accident, but the impact were not immediately identifiable upon crashing. KTAR News reports that the first six week following an accident is usually the most painful and any symptoms experienced after this period may be a delayed injury symptom, pointing towards a physical injury that occurred upon impact, but haven't been diagnosed due to the emotional impact of the accident.

It is reported that headaches experienced after a six-week period following a car accident may point towards an injury that occurred to the neck or even a concussion. Pain within the neck and shoulder region may also point towards a whiplash injury and can often result in serious damage caused to the bones in the specific region. Back pain, abdominal pain, swelling in the abdominal area, numbness and changes in a person's physical function can also point towards delayed injury symptoms.

## The Chiropractor's Role in Car Accidents

A car accident can cause several severe injuries to the spine, muscles and many parts of the human body. In some cases, the damage caused by such an accident is not immediately present and only starts to develop into a more serious problem later in the patient's life. When these problems are untreated they can develop into more serious problems which put the patient's overall health and wellbeing at risk.



The first step to proper recovery from a car accident is to make an appointment with a local Chiropractor.

Chiropractors are specialized and trained to thoroughly evaluate a condition. They will also be able to determine if damage have been done to areas such as the spine, neck and shoulders, even when immediate symptoms are not present. For this reason, even when painful symptoms are not present after suffering a car accident, an appointment with a Chiropractor for evaluation is still recommended. It is also recommended to see a Chiropractor as soon as possible after an accident occurs. When treatment starts soon after injury, the possibilities of alleviating the pain and damage are better. Recovery can then also be done quickly.

The role of the Chiropractor in car accidents is not only to evaluate the condition, but also to assist with aligning the spine in order to assist the body with its healing process. Furthermore, the Chiropractor can assist with alleviating pain caused by the injury and can provide helpful information on exercises that will act as a type of physical therapy. Nutritional advice can also be obtained from a Chiropractor to speed up the recovery and healing process.

### ***Conclusion***

With millions of car accidents resulting in severe injuries and even disability, taking care of problems that occur during such an accident is vital. A visit to the office of a local Chiropractor can usually assist with realigning the spine, which helps to speed up the recovery process of the body. Further physical exercises can also be prescribed to the patient in order to provide additional support.

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