



## **AdvaCare Clinics: AUTO ACCIDENT**

Has a recent car accident left you in pain? Even minor aches, pains and stiffness after a vehicle accident can be a signs of potential long term health issue, if not corrected before long. At AdvaCare Clinics, located in Bloomington, MN we offer advanced healthcare solutions that can correct, repair and aid your body in its natural healing process, after you've sustained injuries from a crash. We combine multiple holistic treatment options, such as Chiropractic Care, Physical Therapy, Non-Surgical Medical Procedures, Laser Therapy, Massage Therapy, Acupuncture and many more approaches in **our outpatient rehabilitation facility that can get you back to full health.**

### **Did you know:**

- Minor neck injuries from auto accidents account for up to 60% of all permanent impairment claims!
- The neck is often misaligned from an auto accident choking off the vital nerve fibers flowing to and from your body and there are 75 trillion nerve fibers traveling through the top bone (atlas) of your neck!
- For every 6 million people in low speed rear collision, approximately 3 million will be injured and about 1.5 million will experience chronic pain.

### **Whiplash and Accident Injury Treatment**

One of the most common injuries that occurs in an auto accident is whiplash. The excessive jerking movements send the spine out of its normal range of motion that damages both the bone and soft tissue, often leading to long term pain down the road and even associated disorders. The pains of whiplash can be misleading and are numerous. If whiplash goes untreated the risks grown is severity and can be life changing, which is why a simple and quick examination by a professional is always advised; even if the crash didn't do damage to your vehicle. Anyone could still be at risk because whiplash can easily occur in crashes lower than 10 mph.

### **Signs and Symptoms of Whiplash Injury:**

- Neck Pain and Stiffness
- Headaches
- Dizziness
- Fatigue
- Weakness
- Loss in Range of Motion
- Ringing in Ears
- Back Pain

## **Long Term Damages from Unresolved Whiplash Injuries**

Whiplash needs to be corrected, as it does not correct itself, in time it will actually worsen. There is a variety of Whiplash Associated Disorders that are the negative results of an unidentified whiplash injury. This common injury can easily manifest into something much more serious and life changing such as: (TMJ) Temporomandibular Joint Dysfunction, Insomnia, Depression and can also lead to temporary and sometimes long term disabilities.

## **Other Common Accident Injuries**

There are more health risks involved in an auto accident than just whiplash. Depending on the speed, angle and location of the crash it can have anywhere from a minimum to extremely devastating effects. Our health professionals can help correct and see that you get the fastest and fullest recovery time possible.

## **Possible Symptoms after Auto Accidents:**

- Whiplash
- Concussion
- Neck Pain and/or Stiffness
- Headache
- Muscle Stiffness
- Lower Back Pain and/or Stiffness
- Numbness and Tingling
- Pain between the Shoulder Blades
- Shoulder Pain
- Nausea
- Knee Pain
- Pain in the Arms or Legs, Feet and Hands
- Pain in the Jaw or Face
- Trouble Sleeping
- Vertigo
- Dizziness
- Ringing in the Ears
- Blurred Vision
- Difficulty Swallowing
- Fatigue
- Disoriented

## **Better to be Safe, Rather than Sorry**

If you are experiencing any of these symptoms or just feel 'off' it is best to seek out a professional to be sure there are no health concerns needing to be addressed. If you are surprised that you haven't felt any of these above issues, it may also be wise to get an examination. After a crash adrenaline kicks in, signaling endorphins that overwhelm your body and cloud your pain receptors. The first few days after an accident has a dramatic effect on your recovery and your health. Make a smart decision and contact AdvaCare Clinics for a faster, more complete and less time consuming recovery soon after the crash.

## **Chiropractic Adjustments Bloomington MN**

Our office can correct any misalignment you've experienced because of a recent crash and give you the best odds of a complete recovery. We are passionate professionals that are dedicated to providing effective healthcare options that are drug-free, non-surgical and highly effective. Contact us today and see a life without pain!

Reach AdvaCare Clinics by calling (952) 835-6653, or emailing [drdennis@advacaremn.com](mailto:drdennis@advacaremn.com).

