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**Introduction**

This book is being written because of the many misconceptions about the chiropractic approach to handling traumatic injuries, especially that of auto accident injuries. There are many approaches to healing injuries, and everyone knows about the medical approach but it seems that very few people know or understand the unique approach that is offered by chiropractic care. It is my goal to shed some light on how my style of chiropractic care can help.

My work with treating traumatic injuries started in 1996, in fact it was at my first real job in the “real world”. I had just graduated from chiropractic college and was hired on as a chiropractic associate at one of the well known pain control clinics in Chicago. The clinic focused on traumatic injuries, including automobile accidents and at-work injuries. While there, I learned a lot and gained a wealth of experience. It was at that office that I learned about the true miracles that chiropractic could provide.

You see, many of the people that came to this clinic, had been to other health care providers; such as medical doctors, physical therapists, acupunctureurs, etc. And when those approaches failed, they sought help with us. It was exciting to see the miracles occur on a daily basis. As much as I enjoyed
working there, I knew I would not spend the rest of my chiropractic career there...so I moved on. In fact, I moved all the way to Canton, Ohio where I currently practice. I’ve been in Canton since 1998 and have been helping people of all ages gain health and become pain-free.

The people that I now help suffer from all types of traumatic injuries; from auto accidents, work injuries, sports injuries and everyday run of the mill injuries that result from overdoing it the garden or from shoveling snow. But that’s not all...I also help with chronic health conditions such as fibromyalgia, migraines, sciatica, carpal tunnel syndrome, and the like.

This book is about my approach to traumatic injuries. So if you’ve recently been involved in an auto accident...then you are reading the right book. I promise to help you understand your problem and understand the solutions that are available to you.

It is my goal to help you in any way possible. Should you feel so inclined, call on me when you need help; for that is what I do everyday. It is not only my profession, but it is also my passion.

Without further ado, let’s get started in helping you understand how to overcome your injuries.
Personal Injury

Personal injury is one of the most common reasons for first time visits to the chiropractor. It is also one that just about every insurance company will recognize as a necessary reason for being seen by a chiropractor. So that you have a better understanding, let’s just look at a quick definition of what “personal injury” really entails.

Personal injury ads appear on the television all the time. You’ve seen them. There is a lawyer swearing to get you everything you deserve because you have been injured by someone else’s negligence. In reality, personal injury is not just an injury caused by another person, but any injury to your person.

Some of the more common types of injuries we see are the results of car accidents, sports injuries, those on the construction site or other work-related injuries, or injuries from slightly overzealous “weekend warriors.” These can include slips and falls, muscle strains and pulls, and even broken bones from working in the yard or around the house. Injury can occur from lifting and moving furniture, or even playing too hard with the kids. They are injuries from which the person usually makes a full recovery, but not without some aches and pains to go along with them. The
injured person is usually better with a little first aid and some time to heal.

Let’s take a closer look at each type of personal injury for which chiropractic can help.

**Automobile Accidents**

Personal injury accounts for over 11,000 disabling injuries every hour of the entire year! It also seems as if personal injuries are on the rise. In 1995, construction workers reported more than 350,000 injuries, which was a 4% increase from the previous year. That wasn’t even a close second to the number of automobile-related injuries in 1995. That number reached 5.5 million according to the National Highway Traffic Safety Administration. And even with higher safety standards and highway laws, such as lower speed limits, car accidents still accounted for 3.4 million injuries in 1999.

The pain and problems associated with car accidents can be realized even several years later. One of the most common types of car accident related injuries is to the neck. Chronic neck pain was felt by 39.6% of people who were in rear-end motor vehicle crashes even 7 years after the accident occurred.
When it comes to automobile accidents, men and women are not created equally. Women are more vulnerable to injury and more likely to suffer long-term consequences from a car accident. There are several reasons for this. One is they are usually lighter and therefore get thrown a bit more upon collision. The placement of the shoulder strap of the seatbelt is usually higher up on shorter people and therefore does not brace the upper body as well during a crash.

Neck injuries are not the only problems associated with automobile accidents. Chronic pain and many varying symptoms are the norm. The pain is not always felt immediately, which is a common occurrence with these types of soft tissue injuries. It usually takes about 2 weeks to start feeling the effects of damage to the spine and to soft tissues. What is actually happening is the beginning of a degenerative process of the spine which ultimately causes nerve damage. The good news is that these types of injuries can be corrected and stop further, permanent damage. If left untreated, then the victim runs the risk of permanent scar tissue forming which can result in chronic pain.
Muscle Pulls & Strains

It takes a 6% strain to cause a muscle to pull. Sometimes these pulls can be felt, but often they are not until much later in the day or even the next morning. What you cannot feel is that within one hour of causing the excess strain on the muscle, there is a 70% decrease in nerve function. Fortunately, with these minor pulls the nerve does return to full function usually within a day or two.

With more severe muscle pulls or strains, those around 12%, the nerve is completely blocked after about one hour. This type of muscle pull has minimal recovery and permanent damage leaves the nerve blocked to a degree that it no longer transmits important messages that keep you healthy. Treating soft tissues such as the muscles and nerves for pressure and strain is important in keeping them healthy. This includes even those strains we don’t feel as strongly. That is another reason why regular, routine chiropractic care is so important and not just when you can feel the impact of the injury.

To get a good idea of what nerve pressure can do, compare it to the amount of pressure a dime would put on the nerve. A dime’s worth of pressure is able to block away 60% of the nerves
function. This is undetectable by the way you feel, but causes the nerve’s function to be reduced by more than one-half.

Chiropractic can do a great deal to speed up the healing process, especially when the injury involves the spine and neck. By realigning the spine, even the soft tissue – pulled muscles and torn ligaments – are able to heal more quickly and completely, by re-opening the subluxation or blockage of nerve signals that may have resulted from the injury.

**Whiplash**

Whiplash occurs when there is a sudden jerk due to a change in motion. Most often it is associated with car accidents, because crashes result in sudden stopping, and that impact suddenly stops the forward motion of the vehicle. There are other ways to get whiplash and some important ways to prevent it as well.

Rear end collisions in an automobile cause a type of whiplash known as extension-acceleration whiplash. This is considered the type of whiplash that causes the most damage. It can lead to degenerative disc disease in several disc levels – a process which takes about 7 years following the injury. Being
caught off guard or by surprise increases the impact of whiplash. It also makes the long term prognosis worse especially for those who do not receive proper treatment.

Another factor that can increase the injury of whiplash is head rotation. If at the exact moment of impact the head is turning there is greater damage to the foramen, or holes between the vertebrae. This is because with a turned head this hole is compressed. With a compressed foramen there is more torque and that means more damage to the facets, capsules, and ligaments.

A turned head during impact also means there is greater hyperextension or flexion. This further increases the strain on soft tissues. In a nutshell, a turning head during impact causes more injury, even if the force of the collision is less.

Millions of people experience whiplash injury, some without even realizing it. Of the entire population, only one percent will have chronic neck pain associated with whiplash. Constant, severe and indefinite neck pain will be felt by 10 percent of patients with whiplash injury.

There are other symptoms as well that develop and manifest themselves as pain that are associated with whiplash injury.
Twenty-five percent of people with whiplash injuries will have lifelong symptoms. The reason the symptoms are so severe and lasting is that with whiplash there is injury to the intervertebral discs, zygapophyseal joins and/or alar ligaments. These are injuries that cannot correct themselves, and left untreated can become chronic.

Since just about everyone can experience whiplash at some point in their lives, how can you know if you have whiplash? Whiplash can be marked by several symptoms. Some of the more common symptoms of whiplash include:

- Neck pain and/or stiffness
- Pain in the shoulders or between shoulder blades
- Headache
- Back pain
- Numbness or tingling
- Dizziness or a feeling of being lightheaded
- Pain in the arms, legs, ankles, feet, wrists, hands, or face and jaw
- Memory loss or trouble concentrating
- Blurred or double vision

You can even get whiplash sitting in an unmoving car if someone hits it from behind or the side. Whiplash can occur when a bicycle hits the curb. It could even occur on some amusement park rides and not just on the bumper cars. It can happen anywhere directions in the motion of the ride suddenly change or
come to a sudden stop. No matter how you get whiplash, it can be more than just a pain in the neck. Whiplash can tear ligaments in the neck and upper back. It can cause muscle strain, making turning the head extremely painful.

The sooner you can get chiropractic care following such an injury the better. A careful check of your neck and spine will allow for corrections in misalignments to begin immediately and help restore pain-free motion more quickly.

In 1996, a retrospective study of patients with chronic whiplash syndrome indicated that 93% benefited from chiropractic treatment. Treatment included controlled mobilization as opposed to completely immobilizing the injured area. Controlled movement is able to spark a reaction in the nerves that actually decreases pain. Mobilization has proven more effective in treating musculoskeletal soft tissue injuries. This type of treatment gets people back into full activity quicker while not negatively impacting the long-term recuperation.

When I see a whiplash victim in my office the first thing I do is perform a thorough consultation with the patient; that way I can completely what happened during the accident. I’ll ask questions such as “Were you aware of the impending accident?”, “Was your head turned or straight at time of impact?”, etc. I’ll
also ask many questions regarding the patient’s symptoms, which clues me into the extent of damage during the accident. (For example, the type of pain that people experience means different things. Dull/achy pain is different from sharp/shooting pain in terms of cause and extent of damage). It is very important that I know and understand your pain, so asking various questions will help me in that endeavor.

I then may follow that up by taking a few X-rays of the spine, that way we know if there were any fractures or other bony damage. If I find that the person is a good candidate for my chiropractic care, and if they qualify for my care, I will then start him/her on a course of gentle chiropractic care. And once the patient has been become pain-free, I will then make sure we rehabilitate the muscles, as oftentimes the muscles become weakened by the damage. An effective rehab program ensures that the body is healed and it also lessens the chance of reoccurrences of pain later on down the road.

**Slips & Falls**

“Slips and falls” is actually a technical term used in the commercial real estate injury. It refers to injuries that can occur on the premises of a business and often leaves the building owner
or manager liable for any injury caused by a slip or fall on their property. They work diligently to prevent these types of personal injuries both for the sake of their tenants and visitors and to protect themselves against liability.

The injuries that come from slips and falls are often not noticeable on the outside. There could be some minor scrapes or bruises, but most often there is substantial injury that goes unnoticed for a period of time. It may be days later before the symptoms of some internal movement of the spine from “catching” yourself and jerking in a strange way as you fall could even show up.

It is important if you have fallen, to be checked out from a chiropractic perspective. You may have covered the scrape with a bandage and gone on your way, just happy that not too many people actually saw you fall! The important part of caring for your spine after such a fall is to be sure that your vertebrae were not thrown out of alignment. In the long run, that could lead to far more serious health problems down the road.
Other Injuries

I don’t know if people are generally just a little clumsy or if there is another reason why almost everyone at some point in their life gets injured doing every day things. It’s easy to see and understand how it happens to children. They may be riding a bike for the first time and fall off. They may underestimate their abilities to jump down from a tree limb. They may just be moving too quickly that the development of their coordination has not yet caught up with their desire to go and do new things.

Whatever the reason, we all get injured in some way that at the very least causes pain and discomfort. At the worst, our personal injuries cause permanent changes in our abilities to do something we love.

Chiropractic’s main objective, in traumatic injuries, is to heal the tissues that were damaged as a result of the accident. How exactly chiropractic helps in that endeavor will be explained later in the book.

When you experience an injury, the body knows exactly what to do to protect itself and the injured area. And when there is an infection, the body increases its white blood cell count and produces a burning fever to rid the body as quickly as possible.
from the infection. When you put out that fire with a fever-reducing medicine, the uncomfortable symptom of fever is gone, but the infection is allowed to live on. These symptoms can also accompany an injury.

**Reducing And Preventing Injury**

The best way to treat an injury is to avoid it. Here are some tips on lifting, working, and playing that will help reduce your incidents of injury. Then if you do get injured, be sure that part of your treatment is to visit the chiropractor to remove any subluxation which will allow the body to heal quickly and completely.

**Lifting**

- Use your legs to lift heavy objects. Squat and reach under the object, then stand so your legs take the brunt of the weight and not your back.

- Get help. Ask someone else to help you lift awkwardly shaped objects. Even if they are not overly heavy, trying to maneuver them can cause strain and injury.

- Use moving disks. There are Teflon® coated disks that can be placed under furniture that allows you to easily slide even very heavy pieces without lifting. One disk goes under each corner (remember to lift corners using your
legs to hold the weight) and then the furniture can slide over wood, tile, or carpeted floors.

- Use a cart to move heavy objects.
- Wear a specialized lifting belt to hold stomach muscles supporting the back tightly in place.

**Working Around the House**

- When completing any chore it is a good idea to not do any one movement or motion for too long of a period of time. The constant repetitive motion can cause injury. This includes raking, vacuuming, painting, gardening, etc.
- Don’t sit or stand in one position for too long without changing position. If you are peeling large amounts of vegetables for canning or working at the computer you can be standing or sitting in the same position for too long.
- Vary your tasks for a given day. Do a little shoveling, then switch to walking or a sitting activity every hour or so.

**Avoiding Injuries from Riding**

- Always wear a helmet when riding a bicycle or motorcycle.
- Always wear a shoulder restraint seat belt in the car.
- Keep your seat belt on when flying in an airplane. You will be protected from unexpected turbulence.
Preparing Your Self to Workout or Play

- Warm up muscles gradually by starting out slowly when walking and running, then increase speed and intensity.
- Wear the proper shoes for any sports activity or walking.
- Stretch muscles following a workout while they are still warm.
- If you have been inactive, don’t jump into a game you are not conditioned to play. Work yourself up gradually over weeks and months to that level of play.

Chiropractic vs. Physical Therapy

Often following an injury, a medical doctor will recommend physical therapy. I sometimes recommend it as well, along with proper chiropractic care. There are some differences in the treatment provided by both and they can compliment each other.

Normally, a physical therapist will do similar tests to that of a chiropractor in treating a patient recovering from an injury. Range of motion and pain sensitivity is tested along with muscular responses to certain stimuli. The physical therapist will then work with the patient to make movements to the body that will increase motion, flexibility, and overall functionality to the
injured area. The chiropractor is involved in some of this, but takes the process one step further. This extra step is extremely critical to a full and complete recovery if one is to be possible.

Chiropractic also looks at range of motion, flexibility and restoration of the full function of the injured area. The extra step is in the area of the “full function.” If, for example, there is an injury to one’s shoulder, the physical therapist is looking at making it so the patient can move the arm and shoulder without pain. The chiropractor does as well. The next step that the chiropractor takes is to ensure there is nothing prohibiting that range of motion and the healing power of the body to restore the soft tissues that may have been injured.

Pain has a funny way of showing up in a place other than where you are actually injured. A physical therapist and the medical field as a whole may be looking solely at where the pain is actually located. They may not be focusing completely or at all on the actual source of the pain. With chiropractic care the entire nervous system is freed up as to begin the real healing. In other words, a pain in the shoulder may actually be caused by a subluxation caused by a misaligned vertebra in the neck. (A subluxation, which is a chiropractic term, is a bone that has moved out of its normal alignment and has put pressure on a nerve. This pressure on a nerve root in the neck can actually be
the cause or contributing factor in extremity pain such as in the shoulder, elbow or wrist).

In a nutshell, chiropractic is a more holistic approach to healing, while other forms of healing are more symptom-based. Chiropractic is basically a different way to approach many common health problems.

**Back Pain**

Chronic back and neck pain are some of the most common reasons for visiting the chiropractor. They are also a top reason many people visit their medical doctor. In fact, it is estimated that 4 out of 5 adults will experience back pain at some point in their lives and many suffer from chronic back pain. It is usually this latter group of people that seek long term care for the management of the pain.

The lower back could be referred to as the keystone of the body. It’s what holds us upright as we walk and, as such an important part of our structure, it needs to be cared for properly.

There are also many, many environmental factors that can affect the wellness of the lower back. Our jobs, the way we lift,
the style of shoes we wear, our sleep positions and mattress quality all impact our lower back. In fact, all these factors can form the lower back in such a unique way that no two people have exactly the same structural balance in their backs. Add to that our own genetic make up and it is easy to see how our backs can get molded into different shapes – some good and some not so good.

If you are carrying around extra weight, you are also forming your lower back into a shape that may not be conducive to good spinal health. This can compress bones and put pressure on the vertebrae, which can block nerve signals from passing through the spine.

In a perfect world, everyone would be their ideal weight and have a job that supports a healthy spine. Fashion trends would put us all in low-heeled wide shoes, or better yet, let us go barefoot. Because we add these stresses to our spine, it is more important than ever to get regular chiropractic adjustments to correct minor shifts before they become major subluxations, those interferences with nerve signals.

Without the proper back care, one of the most common complaints is lower back pain. This can be in the form of sciatica, where pain radiates down the leg from the large sciatic nerve. It
can also caused by injury or inflammation of the soft tissues between the vertebrae.

In treating different types of back pain, good medical doctors will do a great deal to determine the cause of the pain, but are usually very quick to prescribe pain medication to alleviate the symptoms while the process of elimination is completed. Patients are often so satisfied with the short-term absence of pain that comes from these strong medications, that they continue taking the pain killers and postpone or avoid all together further steps to determine the cause of the pain.

There are several problems with this type of treatment of back pain. One is that it is a short-term solution and often leaves the patient dependent on medication. Secondly, without addressing the source of the pain -- by ignoring the symptoms the body is telling the brain -- you could be ignoring a more serious problem. Finally, most pain medications will become ineffective over time, making it necessary to take more and more in order to get the same results. This vicious cycle of either changing medications every few months or increasing the dosage can lead to problems with addiction.
Treating Chronic Back Pain

There are two main stages to treating chronic back pain, and none has to include surgery. Before any long-term treatment can be effective, the inflammation that is causing the pain must be reduced. As long as there is inflammation, there will be pressure on the nerves and there will be pain. That is why this is the first stage in treating chronic back pain.

One of the best, non-surgical methods of reducing inflammation without medication is something called “micro-current therapy”. Micro-current therapy is a very specialized form of physiotherapy. And because this current is very small, thus the name “micro”...it will not do any harm to you. It is very effective and decreasing pain, decreasing inflammation and causing deeper levels of healing in the injured tissues of the body.

Note: This therapy looks very much like a TENS unit, but is actually very different in terms of function and results. I have found that micro-current therapy helps patients heal where other therapies and approaches have failed.

Once the inflammation is gone, therapy to strengthen the muscles again and help prevent future injuries can begin. In this second stage, simple exercises are repeated over a course of time
until the movements can be made with greater ease and without pain.

In chiropractic, medication is not part of the back pain solution. Getting to the root of the problem is. A study conducted on chronic lower back pain sought to determine whether chiropractic or other medical treatment was more effective in treating lower back pain. The findings may surprise you.

The outcome was that both were effective in treating the pain just about equally. Disability from the back pain was also treated about as well with chiropractic and medical treatment. The biggest differences reported by patients were in the level of care they received and their overall satisfaction with the process. Remember that the medical treatment included medication that can be costly and addictive. The chiropractic treatment did not.

Some of the other significant findings from the study were:

- No leg pain was found with the lower back pain in 41% of patients who saw a chiropractor compared with 27% of medical patients who said there was no leg pain.

- 73% of chiropractic patients were satisfied with the amount of information given them vs. 40% of medical patients.

- 82% of chiropractic patients left feeling they knew how to better care for their back vs. 51% of medical patients.
• 74% of chiropractic patients were confident their treatment for lower back pain was working vs. 36% of medical patients.

• 83% of chiropractic patients would choose a doctor of chiropractic again for treatment vs. 61% of medical patients would choose a medical doctor again for the same treatment of lower back pain.

The Slipped Disc

Slipped or herniated discs are sometimes the result of auto accidents, or even other types of accidents. It is a condition in which a disc, the soft tissue of cartilage in between the vertebrae, has slipped out of place slightly causing swelling or bulging. Even minor swelling can cause pressure on the nerves corresponding to that disc and pain in the area supplied by that nerve. This is one reason why leg, neck, or shoulder pain will occur when there is a problem within in the spinal region.

There are many misconceptions with chiropractic care for a slipped disc. You may have heard that when there is a chiropractic adjustment the doctor is “popping” a disc into place. This idea may sound painful and it could be if it were really what was happening!
When a chiropractor works to correct disc problems it is with gentle pressure and only after proper diagnostic testing. The sound of “popping” that you may have heard about is actually gases being released from the tissue. If there is any “pain” experienced, it is in the form of a minor, very short-lived discomfort.

Chiropractic care for a slipped disc occurs over a period of time with several applications of light pressure and movement. It cannot be fixed with one quick “pop.” There are also cases where manipulation is not the appropriate course of action and where in the end, a spinal surgeon may need to be consulted. These are only the very extreme and rare situations. (I see it as my job to tell you when chiropractic is the best course of action and when surgery may be your best option. I make the necessary referral, that way you get the care you need).

Some of the diagnostic techniques that I use in determining the right treatment for a slipped disc are the X-ray, CAT scan, and the MRI. An X-ray focuses in on the skeletal system. It is one of the most common ways to take a good picture of bones.

A CAT or Computerized Axial Tomography scan uses many X-rays projected at different angles to review various layers of tissue. It can view the tissue in such small increments that any
type of lesion or abnormality in the tissue is easily seen. This is often the way cancerous tissues in the very early stages are detected.

Finally, the most sensitive image comes from the MRI or Magnetic Resonance Imaging. No radiation is used with the MRI and it is able to focus in directly on thin slices or layers of tissue in even smaller increments than the CAT scan. There is virtually nothing that cannot be detected in the soft tissues of the discs and nerves through the keen images of the MRI.

Chiropractors are trained in interpreting the images seen from these diagnostic tools. Many of the tests can even be performed in the office. On occasion, X-rays are done at a local medical facility. Because of the extreme specialization of the MRI machinery, those tests are performed by specialists at a local medical center and then the films become part of the chiropractor’s records.

One test specific to chiropractic in determining areas of disc problems is palpation or touch. This is done while the patient is performing certain movements and also without movement. Chiropractors will palpate muscles in a similar fashion to determine if there are areas of pain, tenderness or weakness. The
results of these tests along with X-rays, CAT scans, or MRIs, will dictate the course of treatment.

The process of easing a slipped disc back into place and normal function is accompanied by constant updating of information received directly from the patient. Throughout the process the patient is asked about pain levels, mobility, and how they are feeling in general. If the pain lessens and mobility increases, then follow up treatments are administered to keep progressing in the right direction throughout the healing process.

In my practice, I order these advanced forms of diagnostic tests on a case-by-case basis. If a patient needs one or more tests, I am more than willing to refer the patient to the local hospital or imaging facility. Within a few days, I know the results of the test and I then know exactly the course of action that needs to be taken in order for my patient to get the care they need. I even send my patients out for X-ray imaging. I work with the local hospitals and other doctor’s offices, if necessary. It’s nice to have a working relationship with other healthcare providers. These relationships with other medical practitioners show that the medical view of chiropractic has changed for the better; chiropractic is no longer viewed as the “black sheep” of the health care field.
Sciatica is a term used by the lay person in a very general sense for just about any pain in the upper gluteus area that then causes radial pain down the legs. It is actually a little more complicated than that, and for neurologists and doctors of chiropractic, there are many specific conditions that can be lumped into the general category of sciatica. Each would have slightly different symptoms and require different courses of action.

This broad definition of sciatica is referring to conditions related to the sciatic nerve. The sciatic nerve is the largest nerve in the body. It runs from the lumbar spine through the sacrum at the bottom of the spine and is responsible for feeling in all parts of the legs, knees, ankles and feet. The sciatic nerve is about ¾ inch in diameter and then branches off at the pelvis. Any inflammation or injury to the sciatic nerve is therefore referred to as sciatica.

Sciatica is a common condition but can leave the patient with a great deal of lower back and leg pain. It makes everyday activities -- including sitting, walking, and even standing -- difficult and painful. With more extreme swelling there can even be a loss of reflexes and muscle strength in the legs.
The good news about sciatica, if there can be anything good about leg pain, is that it is effectively treated without surgery or the use of steroids to reduce the inflammation. Chiropractic adjustments, to release some of the pressure from swelling of the nerve and to allow uninterrupted nerve signals to flow, make for quick and complete recovery.

Sciatica is also managed well with physiotherapy that can be taught and monitored by the chiropractor. Most of the therapy can be done at home with simple activities after the initial phases of treatment. After a period of allowing the muscles to rest, short periods of walking and stretching can begin, gradually working up to normal activity levels. In very rare cases, surgery may be required to relieve pressure from swelling, or repair damage or degeneration to the disc associated with the sciatica.

**Carpal Tunnel Syndrome**

Carpal Tunnel Syndrome (CTS) is one of three common repetitive stress injuries. The others are trigger finger and nerve spasms. The term “repetitive stress injury” simply means that the condition is caused by doing something over and over again for a period of months or sometimes years, and in a way that puts
stress on a part of the body. These types of injuries are common in work-related injuries.

Repetitive stress injuries may have been around since the cave men rubbed sticks together repeatedly, but it was only given the name of Carpal Tunnel Syndrome in the last 20 or so years. This is when computers became widely used in homes and offices. Extended periods of time at the computer day in and day out are still one of the leading occupational hazards resulting in CTS. Up until this point, primarily grocery store clerks (pre-bar code era) and accountants used the repetitive finger motions enough to cause CTS.

In the case of Carpal Tunnel Syndrome, the stress is placed on the carpal tunnel. This small canal inside the wrist is actually made up of three parts: the median nerve; nine flexor tendons; and blood vessels. When someone is diagnosed with Carpal Tunnel Syndrome there is some sort of compression of the median nerve. This can reveal itself with several symptoms. Most common are numbness and tingling in the wrist and hand, weakness and/or clumsiness in the hands, neck tension, swelling, and sometimes night pain.

Traditionally, medical doctors have placed their focus in dealing with carpal tunnel syndrome on the wrist and hands.
themselves. After all, this is where you feel most of the pain. What they don’t seem to focus on is the fact that leading to the carpal tunnel is the median nerve. This pain’s journey actually begins in the neck, goes under the collar bone, and on to the wrist and hand through the carpal tunnel.

Medically, the most common course of action is to prescribe anti-inflammatory and pain killing drugs known as NSAIDS. These are the non-steroidal type of drugs that come with some serious side effects and offer only a temporary relief from pain. They do nothing to treat the cause of CTS. In the United States alone, there are approximately 16,000 deaths per year from the misuse of NSAIDS. This is the Advil and Aleve type medications and includes different forms of aspirin. Extensive use of these drugs causes bleeding within the lining of the stomach and intestines, which can lead to death.

To treat Carpal Tunnel Syndrome in a lasting manner and without surgery, you must find out where the median nerve is being compressed. That could be anywhere from the neck down to the hand. There are several ways in which the median nerve can become compressed. They include:

- Misaligned bones in the neck
- Tight neck muscles
- Shoulder dysfunction
• Inflamed tendons

These are caused by:

• Poor posture
• Repetitive movements
• Rapid finger movements
• Improper movements
• Poor ergonomics
• Slips or falls
• Sleeping on your stomach with your hands underneath
• Certain sports and hobbies such as bowling, racquetball, and motorcycling

There are other causes of Carpal Tunnel Syndrome, but they are extremely rare. Some systemic diseases where water is retained, such as diabetes, can cause compression on the median nerve. Pregnancies, use of birth control pills, and high salt diets have all occasionally caused CTS.

The chiropractic approach to treating Carpal Tunnel Syndrome is completely different from a medical doctor’s point of view. Chiropractors do not focus on the wrist or hand, but the cause of compression in the median nerve. To diagnose this, a complete evaluation of the patient’s lifestyle, along with a postural exam, will give the chiropractor a good picture of the source of compression.
The postural exam shows the potential areas of misalignment and their affect on the spine. In fact, it has recently been shown that a postural defect, known as “Anterior Head Syndrome” is a causative factor in cases of carpal tunnel syndrome.

**Testing for CTS**

Another test you can use at home involves holding your hands in a position where the backs are pressed together with the fingers pointing down and the elbows out to the side. The wrists should be bent at a 90 degree angle. If this position is uncomfortable or if after one minute there is numbness or pain, you may have Carpal Tunnel Syndrome. To be sure, an electromyography (EMG) exam must be implemented. The EMG sends a small electrical current through the wrist which should travel at a rate of 13 meters per second. If it is slower, then it is likely that there is nerve damage or compression.

**Preventing & Treating CTS**

Therapies to treat Carpal Tunnel Syndrome include an alignment of specific neck vertebra and relieving tension in the muscles in the neck. It does not include drugs or surgery.
There are nutritional precautions that you can take to ensure a healthy median nerve and tissues surrounding the carpal tunnel. For example, Coenzyme Q10 helps improve tissue oxygenation. B complex vitamins support choline and inositol that enhance nerve function. B6 has diuretic properties that can relieve pressure on the nerve caused by fluid retention. Finally, zinc enhances general healing.

In addition to these minerals, there are herbs that support flexibility and reduce inflammation. Some good herbs are Boswellia and White Willow Bark. To relieve muscle spasms and pain, Skullcap is a good herb. *(Note: before supplementing with herbs, vitamins or minerals, it is important to get advice from a qualified health professional. I say that because there are some contraindications to some nutrients that a health food store clerk may not be aware of).*

Everyday dietary choices can also help prevent Carpal Tunnel Syndrome. You should avoid high sodium foods, especially processed foods, because they will cause you to retain fluids. Likewise, drinking plenty of water will help flush out excess fluids.

To prevent joints from swelling and possibly putting pressure on the median nerve, avoid foods that contain large amounts of
oxalic acid. This means asparagus, eggs, fish and any vegetables in the cabbage family, which should be eaten sparingly.

You can take measures to prevent Carpal Tunnel Syndrome each day by being conscious of your positions and varying movements. Here are some guidelines:

- Hold on to objects with the entire hand and not just gripping with the fingers. An example is the plastic grocery bags. Don’t ever just hook the heavy bags on your fingers; use the whole hand to support the weight.

- Position yourself at the computer with the monitor just below your line of vision. Make sure the entire forearm is supported so that wrists are not bent up or down while typing. You can add a wrist pad to the bottom of the keyboard to keep wrists straight.

- Stop, rest, change position, and shake wrists periodically. Try to do repetitive typing jobs in short bursts with good, long breaks in between.

- Restore the circulation to your wrists and stretch and exercise them often by gently rotating them for about 2 minutes.
Chiropractic Insurance Coverage

Many people who are not completely aware of the benefits of chiropractic may be reluctant to start a program of care simply because of the cost. A typical chiropractic visit is much lower in cost than a visit to a general practitioner. Another thing people may not realize is that chiropractic visits are contributed to by general health insurance policies in most cases.

Additionally, in many states, auto accident injuries and injuries at work are covered at 100%. What this means is that if you have been injured, your necessary chiropractic will be paid for with little to no out of pocket expenses. This benefit is due to laws that have been changed so that injured people can receive the chiropractic care that is needed in order to overcome their injuries.

As of 1994, all but 7 states had mandated laws requiring insurance companies offering group benefits to cover chiropractic care. This would mean that whatever deductibles and co-pays you have for your medical doctor’s visits would apply to visits to the chiropractor. As of August 2004, the Missouri State Senate, for example, has a bill to modify current Missouri law regarding chiropractic coverage. The new bill in both the House and Senate mandated that insurers must cover the services of any licensed
chiropractor in the state. Nationally, H.R. 999 (House of Representatives bill #999) has been introduced to the House of Representatives in March 2005 with a bill to provide chiropractic care to military personnel and their beneficiaries. The Chiropractic Health Parity for Military Beneficiaries Act would afford benefits to members of the TRICARE program no later than August 2005. Today, under the United States National Health Insurance Act (H.R. 676) initiated in February 2005, all medically necessary care, including chiropractic, must be covered for all Medicare recipients.

A survey of chiropractors conducted in 1995 asked what percentage of the fees came from what sources. Almost 29% of payments were made by private insurance companies. Another 14.5% were made by automobile insurers because the patient had been involved in a car accident. Worker’s Compensation accounted for almost 11%, and Medicare and Medicaid combined were responsible for almost 10% of the payments made to chiropractors. That left approximately 27% of payments as direct, out-of-pocket payments from the patients. The survey did not specify if any of the 27% was recovered by the patient through their own insurance companies.

For those people with employer-sponsored health plans, the percentage with chiropractic care coverage is very high.
Approximately 75% of total workers are covered for visits to the chiropractor. This same 1993 survey of nearly 2,000 employers also indicated that 84% of workers with conventional health plans had chiropractic benefits. The percentage of workers with PPOs or Point of Service Plans that had chiropractic benefits was also 83% and 81% respectively. Ironically, only 44% of those workers covered by HMOs which supposedly focus on “prevention” had chiropractic benefits.

Most of the insurance companies and employers surveyed indicated that there are restrictions and limits to chiropractic care. That really doesn’t differ at all from medical care. The same plans that specified only one physical per year at the doctor, put limits on chiropractic care. They restrict the number of visits to 20 visits per 60 days. Fortunately for the patient, the insurance companies most often recognized that chiropractic care requires repeat visits to the Doctor of Chiropractic in order to perform the necessary tests and adjustments.

These statistics are improving each year with the increase of licensed chiropractors and the inclusion of chiropractic care by Medicare and the Military. That is why it is important to not just assume you are not covered by your insurance company.
If you are unsure of the chiropractic benefits available from your insurance company, you can find out with just a phone call to our office – we will happily take your information and find out if chiropractic is covered under your auto insurance or through the Ohio Bureau of Workers’ Compensation. You may be surprised at how enlightened your insurer has become as state and federal laws are evolving and more and more people are choosing a wellness regime over a reactionary form of health care.

If your insurance company does not cover chiropractic care, then you will be pleased to know that our office is extremely affordable. With a focus on prevention and a look at lifestyle, we do offer family plans. Even when insurance is involved, co-pays can add up to a lot if you are making three visits a week to the chiropractor for a specific treatment of an ailment. Again, many chiropractors will put reasonable limits on the amount of out-of-pocket expenses. We all want you to continue your health care in this positive, preventative manner, so we’re making it as easy as possible.

Now that you have an understanding of your traumatic injury and how we approach your health care, I think it is important that you have a deeper understanding of personal injury...including the legal aspects.
Please keep in mind, I am not an attorney so the information I present in this next section is based on my understanding of the legal aspects. It is also based on my more than 13 years of diagnosing and treating people involved in auto accidents. Should you need legal representation in your case, I can refer to the appropriate legal professional.
**Definition of Personal Injury**

Personal injury cases are brought about by physical injury or mental pain caused by the negligence or actions of someone else. Automobile accidents, defamation of character, malpractice, and injuries because of product defects are types of personal injury cases. If you think you may have a personal injury claim you should contact a qualified health care professional, such as a Chiropractic Physician, as a means of documenting the extent of your injuries. After you have done that, it may be a good idea to locate an attorney. If the lawyer believes there is enough power in your claim, they will help you start proceedings to collect for compensation for the injury. If you don’t have a personal attorney, I can help you find one.

If it is determined your injury was because of carelessness or neglect on the other party’s part, you would be eligible for compensation. Your injury will need to be documented and an insurance company will defend personal injury claims. It is recommended you have a lawyer to maximize the compensation. Personal injury claims are serious and usually involves serious injuries. It may involve wrongful death, permanent disability, and serious medical or emotional problems.
The compensation is based on how negligent the other party was and how serious the injury is to the victim. Lawyers work toward getting the most compensation to cover any medical costs, lost income and an amount to cover pain and suffering. The insurance companies will fight for the lowest amount of financial compensation. A qualified lawyer will improve the chances of receiving a fair compensation. It is important you have a lawyer that will have your best interests in mind while bargaining for a settlement.

Choose an attorney that specializes in personal injury claims. They will look at the facts and decide what the best strategy for making your claim and the money you can reasonably expect from a settlement. You should have a lawyer that keeps up on the personal injury laws and has a good reputation for winning cases. They should also be experienced in working on personal injury claims. The insurance companies will have their lawyers and they will be familiar with the latest laws and try to give you the lowest payout possible. An inexperienced lawyer may decrease your chances for a fair and reasonable settlement in your case. Your personal injury attorney should have a proven track record of winning personal injury claims.

Personal claim injury lawyers should have trial experience even though many claims are settled out of court. Trials are
normally a last resort because they want to avoid the extra costs of a trial and negative publicity. There is also a chance a trial would award a larger amount than was originally requested.

Your lawyer needs to be experienced. Since going to trial is what a lawyer uses as leverage in getting compensation awarded, if they are not experienced, the insurance lawyers may not take them seriously. It is clearly an advantage for the victim if they have a trial lawyer experienced in negotiations and in a trial setting. Many personal injury lawyers will take a case with their fee paid from a percentage of the settlement amount.

**Can You Handle Your Own Personal Injury Claim?**

Lawyers want you to believe that filing and winning a personal injury claim is tough, takes a lot of work, and takes a great deal of time. Actually, the opposite is true. Filing a claim does need a little patience and organization but it is something you handle without a lawyer. You can also receive the benefits you are entitled to without your benefits being reduced or denied. In fact, you may end with a much larger compensation settlement because you don’t have to pay a lawyer their fees.
You will not want to take on a personal injury that looks like a complicated and multifaceted personal injury suit. There are some claims that are easy to work out and can handle on your own. For instance, you may choose to file your claim for an auto, bike, or pedestrian accident. Maybe you can handle your slip and fall claim against a business or someone’s home. The process for filing against a company that made a defective product that caused the accident may be a claim you can handle alone.

The claims process is simple. Many claims involve only a few short letters, phone calls, and a meeting with a claims adjuster. The claims adjuster does not have any legal training so you shouldn’t have to know any legal language or know complex laws about personal injury claims. Normally, your right to compensation depends on your powers of observation about which party was careful and who was not. Compensation will also depend on how serious your injuries are.

If you have taken the proper steps when an accident happens, you should be able to file the claim and apply for compensation. If you are involved in an accident, immediately write down what happened prior, during, and after the accident or injury. Take the names, addresses, and phone numbers of any witnesses who saw the accident. Revisit the scene and take pictures of the accident site. Take note of climate, traffic, and
anything that would have a bearing on your case. Generally a judge will award the claim based on commonsense.

The compensation system is structured and claims fall into a narrow range according to medical costs, type of accident, and the injuries you suffered. In some states there are laws limiting the compensation you can receive for a particular injury. Also considered will be your physical condition since your injury and what you physically can do since your injury.

If you believe you can prepare your personal injury case, you will save anywhere from 33 to 40 percent in lawyer’s fees. Usually, a lawyer may only get you an extra 10 to 25 percent of what you would get if you filed the claim. There is obviously a difference in percentages and that means a difference in dollars! A lawyer may also charge incidental fees such as for copies, taking phone calls, and faxing necessary papers. Unless your claim is serious or complicated, you are better off to handle the claim on your own.

What Accidents Are Covered by Personal Injury Claims?

The field of personal injury claims is wide open and includes claims for automobile accidents, job related injuries, railroad and
sea injuries, and airplane accidents. You may also be eligible to file for a personal injury claim if you have been slandered, libeled, or have a defamation of character suit. Malpractice can be brought against doctors, lawyers, and accountants if you feel you have been wronged by one of these individuals. You may choose to file a claim regardless of whether the damage was done intentionally or unintentionally. If you can prove any damages were done to you deliberately and knowingly, you may be eligible to collect punitive damages. The payment you receive for compensation would be for lost job and medical bills, but punitive damages would be awarded to punish the person who harmed you.

The laws about personal injury suits will be different from state to state and be different from one country to another. If you believe you are entitled to a claim, check with lawyers in your state so they can help you decide if your claim is valid under that state’s law. You should find out if there is a statue of limits in your state for filing a personal injury claim. Sometimes, if you were not given the correct facts, didn’t understand or know the laws about injury claims, you may be eligible for an extension of the statue of limits.

It is important to know that in a personal injury claim, both the injured person and their family can claim damages from the
person responsible. If the injury caused the death of a family member, surviving family members can make a claim for damages.

The money you get for an injury claim is based on what injury you suffered and how long the suffering lasted. It will include your medical bills and any personal losses such as wages. The skill of your lawyer will impact the settlement amount you receive for a personal injury claim. They are responsible for showing and proving who was to blame for the accident. If you are injured in a car accident, you may be able to prove negligence by a car manufacturer, the other driver, and whoever made the part of your car that was defective and caused your accident. If your brakes failed and caused you to run over a cliff or into a tree, the carmaker may be held responsible for the brakes that were put on the car, or the mechanic that last worked on your breaks. Maybe it would be a company or private garage that is charged with keeping your car in good running condition.

If you have been injured in an accident, at home, on the road, or at work or have suffered from using a defective product, you may want to seek professional advice. A good personal injury attorney will look at the facts of your case and decide if there should be an injury claim filed. If you have an accident or feel like your character has been defamed or damaged, consult
an attorney as soon as possible to claim any damages and compensation.

**Special Issues Concerning Car Accidents**

Most car accidents involve two or more cars and drivers as well as any passengers that are in the cars involved. There are some occasions when an accident occurs and another car is not involved. For instance, it could be a bicycle and car accident. Many bicyclists sometimes forget to follow basic rules of the road and can easily be injured by a car. Another hazard is for a bicycler to run into a car door that is opening; this throws the rider over the car door and can cause serious injuries. Many times the car driver will misjudge the speed of the bicyclist or the rider will be using the wrong side of the rule. Since most injuries to bicyclers are head injuries, wearing a helmet is strongly urged. Anytime you have a special issue involving a car accident you should ask a lawyer for legal help.

The victim may have a difficult time in proving fault in a hit-and-run accident. The driver that caused the accident may not have stopped and it is hard for the victim to identify the driver in a lawsuit. If you are involved in a hit-and-run accident you
should try to get a good description of the car and a license plate number if possible.

Motorcycle and car accidents are more common in the warmer months, but they can occur at any time of the year. Motorcycle riders’ injuries are normally minor if they occur between cars but could be serious if the car is driving at a high-speed. Unfortunately, juries often will blame the motorcyclist for accidents. Motorcyclists are clearly responsible for following the rules of the road for their own safety and for protecting their head with a helmet.

Another serious issue is an accident involving a car and a semi truck rig. Of course, a car would no doubt have devastating personal injuries. Truck drivers are under federal and state laws about how many hours they can drive and how much sleep they are supposed to get each night. They are required to keep logs recording their driving hours and off-road time. The miles they drive pay truck drivers. That provides them with a strong incentive to ignore the rules. They are responsible for the maintenance and upkeep of their truck. The condition and safety of their truck rests on the drivers and the companies they drive for. A semi and car accident can be deadly but the basic steps to take are the same as with a car accident. Make observations; write down notes, and interview witnesses. Take note of the road
conditions, traffic, and anything else that may have an impact on the accident.

Another special issue would be about vehicles that were changed after leaving the factory. A car or truck may be raised or lowered, have different headlights installed, or have the windows tinted. All of these variations could represent a safety hazard for the car and for other drivers.

The Causes of Car Accidents

There are many different causes for automobile accidents. There are a few that are the most common types but any car accident can cause injuries and result in a personal injury claim. If the accident is minor, the insurance companies involved can take care of any medical costs and damage to cars. If the accident is more serious, then injury claims and trials may follow.

The most common form of car accident is simply driver error. A driver may not be paying attention or distracted by something else and fail to stop at a light, stop sign, or yield sign. Being on the phone can cause you to lose focus on what you are doing and you may be following too close to the car in front of you to stop. You may be speeding or going too fast for
conditions. Some may even try passing in a no passing zone. That is why driver error is the most common car accident.

Part of driver error is the distraction factor. It is easy to lose focus on your driving if you have children crying in the backseat, you are trying to eat lunch on the road, or you are busy using your cell phone. It is even true that people have been known to use computers, put on make-up and other outlandish things while driving. Sometimes the distraction will be something that catches your eye alongside the road. The driver not paying close attention to their driving causes car accidents.

Another huge factor in car accidents is alcohol. Driving under the influence of drugs or alcohol has caused many deaths and loss of personal property. If alcohol, illegal drugs, or even prescription medications impair a driver, they are a danger on the road and should not be driving.

Weather is also a factor in many car accidents. Limited visibility, slick pavements, and even strong winds can be a safety hazard while driving. Black ice is another danger, the road may only look wet but it’s a thin film of ice. Sometimes you are on an obstacle caused by the weather before you know it and have no time to react.
Road designs and defects in the pavement may be the cause of some car accidents. If an intersection is poorly designed there can be many accidents even though there may be traffic lights. Road signs that are not visible, barriers that you come on unexpectedly may also cause serious car accidents.

Another possible cause of car accidents is car defects. These are automotive problems that were in the car when the car was bought. There can be brake failure, engine failure, or a blown tire. Sometimes injuries are worse because of a defect in the design of the car or tire. The design of a gas tank may make it more susceptible to rupture and fire, or the design of the car gives it more risk of a roll over.

Be sure you are not allowing distractions or other activities keep you from concentrating on your driving. You may save yourself and others serious injury or death.

**Whiplash Injuries—Do You Have a Claim?**

Those people who have been injured in an accident may suffer an injury that can affect your health for many years to come. A whiplash may not seem serious at the time it happens but the sad fact is that it can show up years later in various
medical problems. If you have suffered an injury and it’s only a “whiplash” injury, you should not overlook making a claim for injuries.

What is a whiplash? It is an injury to your neck and neck injuries are never minor. You may not think a whiplash is serious or worth being compensated for, but there are definite long-term effects from this injury. If you overlook this important fact, you may have a terrible time later with medical problems that can be charged to a whiplash injury.

Many insurance claims think that whiplash is a minor injury and your own doctor may tell you that. The truth is, your whiplash injury may show up several years later. One woman who was a passenger in a car that was rear-ended believed she was not injured until the next morning when she woke up stiff and severe pain in her neck and spine. After being diagnosed with whiplash by her doctor and told it was a minor injury, she let it go. No symptoms began showing up for over two years. She developed wrist, shoulder and neck pain as if she had been injured recently.

Her symptoms grew worse with no clue about how she injured herself until she remembered her long ago whiplash injury. She found out the hard way there are many sad results of
an injury that her doctor said was minor. Eventually the original injury caused the loss of her job, inability to focus, and blackouts that prevented her from having a normal life.

You may not realize how severe a whiplash injury can be. This woman did not and she suffered long-term and severe consequences because she believed her doctor when he told her it was no big deal and only a minor injury. Does this mean everyone who suffers a whiplash injury will have severe medical complications in the future? Not necessarily so, but only a competent personal injury lawyer can research your claim and decide if you are eligible for compensation. If you find years later you are permanently disabled because of a whiplash injury a compensation claim may help you deal with any financial problems that may occur.

You will not want to be without the compensation you are entitled to if you have a whiplash injury. A lawyer will be able to look ahead to the future and with the help of competent medical advice can decide if a claim is warranted. An injury to the neck is a big deal! The neck is an important and important part of the body. It carries all neural messages and the blood cells that carry nutrients to and from the brain to the body. Any disruption to these roles can cause severe and permanent injury to the
body. Be sure you are compensated for the injury you suffered so you will not face financial ruin in the future.

Steps To Take If You Are Injured In A Car Accident

It is an unfortunate fact that most of us will be involved in an auto accident at least once in our lives. You will need to know important steps to take if you are involved in a car accident. These steps are important for the sake of any litigation that could result from a car accident.

**Step Number One:** Never leave the scene of an accident that involves an injury or large property damage. If you are not certain about the damage, stay until the police respond to the scene. Most state laws require you to stay at the scene of an accident until law enforcement officials arrive. If you do not stay, it could mean loss of license and criminal charges. If you have any doubts about the seriousness of the accident, stay at the scene. Always err on the side of caution in this matter.

**Step Two:** If someone is injured try to give medical attention but only if you are qualified to do so. Never move an injured person unless they are in extreme danger from a fire or other potentially life-threatening event. If you move an injured
person you stand the chance of aggravating their injuries. Have someone call the police immediately. The authorities will then contact medical personnel and send help to the accident scene. It is helpful if you can provide the police with the number of people injured so they can make sure enough medical personnel respond to the scene. If the cars are on or still near the road, turn hazard lights on or use flares to alert traffic of the accident.

**Step Three:** Get all the information you can from the other driver, witnesses, and the police officers. You will need the contact information for the other driver involved, their driver’s license, insurance information, and the license plate number from their car. If there are witnesses to the accident, you need to get their names and contact phone numbers. These witnesses could be important in any personal injury claim and to aid in finding out who was at fault in the accident. Police officers at the scene should supply you with their name or a card. You can get a copy of the accident report from them as well as the report number. Most officers automatically will follow this procedure, but if there is a lot going on, you may have to ask.

**Step Four:** Never volunteer information to anyone other than the police officers looking into the accident and never admit fault! Even if you think you may be the cause of the accident do not admit liability. There may be other factors going on that
could have caused the accident but if you admit you were wrong you could bear the load of the personal injury settlement. Don’t make any statements to anyone at the scene except the police, not bystanders, witnesses, or others involved in the accident. Police officers are trained to come to their own conclusions about how the accident occurred.

**Step Five:** Go to a doctor or to an emergency medical care facility. If you are in a state that covers “no-fault” coverage for medical treatment, you may be denied if your injuries are not documented by a doctor or hospital emergency room. They may argue your injuries occurred because of events that happened after the car accident. Any insurance company will try to claim your injuries were not caused by the accident but something that happened after the incident. Tell the doctor of any unfamiliar pains or aches, loss of memory, dizziness, nausea, or any other physical discomfort. He will want to rule out the possibility of a serious head injury.

**Worker’s Compensation for Injuries at Work**

If you have been injured at work, you are entitled to draw worker’s compensation benefits. Work injuries may be caused by unsafe work conditions, carelessness of another employee, or
injuries caused by repetitive movements. These conditions make you eligible for worker’s comp benefits, which include all medical bills paid, and a partial payment of your total wages. The wage benefits are two thirds of your total gross weekly wage and will be paid during your injury and recovery.

You will continue to receive temporary total disability payments until you have recovered enough to return to your employment. Your company should not give you a problem with receiving worker’s comp benefits. You may want to consult a legal adviser if you have any problems collecting the benefits that you are due.

When you have been injured at work, there are several important steps to take to insure a smooth transition from a regular paycheck to worker’s comp. It is important to write down everything you remember about the events immediately preceding your accident, when the accident happened, and the events following the accident. Do not rely on memory; write down your observations as soon as possible after the accident. Witnesses are important. Write down their names, contact phone numbers and addresses. You may need these witnesses to prove your injury claim.
Seek medical attention immediately. If you are sent to a company doctor, you are entitled to see your family doctor as well. Do not depend on a company doctor’s diagnosis of your injury. They could be wrong, and their objective is to get you back to work as soon as possible. You may be required to seek a third-party doctor who will give an independent evaluation of your injury. If the insurance company sends you to a doctor in another town, you are entitled to repayment for reasonable travel expenses.

You may be entitled to a lump sum settlement if your injury prevents you from resuming your former job or suffer permanent loss of part of your body. Your lawyer will help with any problems and take care of any negotiations with a worker’s comp insurance company. If you have had an injury that is covered under worker’s comp insurance, you should consult a lawyer. Worker’s comp lawyers will ensure your claim is approved and work on your behalf to get the compensation you are deserved.

If you are considered totally disabled, you are entitled to permanent total disability and your lawyer will be able to help you get a lump sum settlement or disability payments for the balance of your life.
If you are injured on-the-job, take the right steps to prove your claim. Your company should not give you any problems about paying worker’s comp, but if you run into problems, an attorney that specializes in worker’s comp cases should be consulted. Most lawyers will take your case for a percentage of your settlement.

**Work Injury Claims And Your Job**

Workplace accidents are common but many employees are afraid to file a claim against the company that employs them. If you are injured at work, it is even more important to talk to a worker’s compensation lawyer who specializes in this form of personal injury claims. It can be a complicated situation if you are injured on-the-job. If you are disabled and cannot do the job you were hired to do, a worker’s comp claim can help. You may be made to feel you are not as useful to the company as you were before. Your coworkers may feel they are working harder because you can’t pull your load. They may think you are just being lazy or using an accident as an excuse to slow down at work.

After your injury, you may find your work experience even more stressful even though you know it is not your fault. There
may be a time when your boss may feel it is no longer possible to keep you at the company. What will you do then? You are left with nothing!

You can file a worker’s comp claim even though you are afraid it will hurt your relationship to the company you work for. It could risk your standing in the company but on the other hand, the reason you work is to get paid. What happens if you are no longer able to do your job? You will not have a paycheck.

You might be doing your coworkers and your company a favor by highlighting work areas that need to be improved. It may show areas that are more dangerous than thought and help the company to improve their work ethics and work areas. This could help prevent more injuries in the future.

Filing a worker’s comp claim may also prove to your employer and your coworkers that you were not being lazy and the accident was not your fault. The company should be held responsible especially if they are not obeying the Federal Health and Safety Regulations.

You should know that worker’s comp claims might also cover personal issues because your whole life is not only your 40-hour workweek. If your injury has affected you socially and in your
family life, it may also be covered under the personal injury claim you filed. One injured worker found later that his injury would not allow him to golf, dance, or swim. These are just a few of the activities he can no longer enjoy because of his work-related injury. He also was unable to pick up his beloved grandchildren because of the damage to his shoulder. Lawyers and companies must realize that workplace injuries can affect every part of your life. It damages your self-esteem if you feel you are not providing for your family. It produces stress if there are problems paying bills, and you can become emotionally despondent if you no longer can do the job you have worked at all of your life. Think about all of these things before you decide whether to file a worker’s comp claim for an accident at work.

**One Worker’s Comp Story**

The man was a route salesman and delivered products to businesses five days a week. He is required to unload a large truck and put the product into his individual truck ready for delivery. One morning while doing his job, pallets of his product fell and knocked him to the ground injuring his shoulder. A co-worker was there at the time and verified the incidents that led to his injury. He told his immediate supervisor of the injury to his arm and shoulder and they sent him home. He was required to go to a company doctor when the offices opened. The company
doctor stated the injury was “just” a sprain and he should rest it for a couple of days doing light duty and then he would be fine.

The man did not then go to his personal doctor. He had faith in the company doctor who assured him it was just a muscle strain and went back to work on his regular schedule after the first few days. The injury to his arm and shoulder did not go away however. It continued to cause him pain and extreme discomfort at his job and doing other regular activities. He toughed it out because that was what he had been taught to do, work and support your family even though you have pain or are sick.

The accident was reported; his witness agreed with the accident report and no filed no claims. Meanwhile, the man’s pain became more intense. It became bad enough after five months of working through the pain he went to his own doctor. His personal doctor immediately sent him for an MRI and other tests at the hospital. What they found was extensive damage to the rotator cuff with bone spurs built up on the clavicle and piercing holes in the cuff.

After going on light duty, the company decided they couldn’t accommodate his physical limits and sent him home until he could “do his job again.” Immediately he contacted his union hall
and they responded with an appointment for a worker’s comp attorney. Claims were filed, the worker went to a specialist who recommended surgery to relieve the pain and repair the damage to the shoulder. The worker went to another surgeon for the insurance company who corroborated the results and recommended surgery.

The surgery was performed, and it was expected to be a success. He began physical therapy to bring his arm and shoulder back to normal. After six months of physical therapy it was determined he was at the maximum recovery. He still had pain, could not raise his arm above shoulder level, or use it for any lifting. The insurance company sent him back to the third-party surgeon who agreed that he was as recovered as he could be.

The accident happened 22 months ago, and to this date no settlement has been reached. The insurance company is now putting him through the process of vocational rehabilitation and helping him to look for another job. There are no jobs available in his union that he could do with the limits placed on him by the surgeon.

This story is told so you will be prepared for a claim to take a long time to be settled. The insurance company who pays your
benefits wants to pay as little as possible and will drag out your case until you are finally too tired to continue and you ask your lawyer to settle. Be prepared, understand your financial situation and how it could be affected, and be patient.

Procedures for Workplace Injury Claims

Workplace injuries are common and if you are planning on making a worker’s comp claim there are certain steps that will insure you have a chance of making that claim easier to win.

The first item of business is to make sure your injury is written down in a company accident log. If your company has more than ten employees, law mandates an accident log. If the book is not available, contact your immediate supervisor or boss. Describe your injury and how the accident happened. Also, give them the names of any witnesses to your accident. These witness names should be added to the accident report for future reference.

You should be asked to write down the details of the accident. A description of the accident, the events leading up to it, and the direct aftermath will be needed if you should decide to make a worker’s injury claim. Write your accident details down
as soon as possible. Your memory tends to fade with time and you could lose important facts that could be important to your case. You may need these details to prove your claim is legitimate and receive compensation for your medical bills and loss of wages.

If it is possible, take photographs of the accident area and the surroundings. These photographs could be important in proving carelessness or negligence of your employer or company. If there were any machines involved, take pictures and write down accurate descriptions of it.

You might be asked to see a company doctor first. The company doctor will make an evaluation of your injury and report to the company. It is advisable to have your own medical doctor examine your injuries as well. Company doctors are...company doctors. They will not have your best interests in mind. If you see your own doctor, they will make documentation of your injuries and add their opinion to what the company doctor has told you. This is important, a company doctor may advise you need is rest and your injury will be fine. It is quite possible your injury is more serious than the company doctor realized. Regardless, if your injury becomes worse over time and you have serious permanent damage your doctor will verify you sought
outside medical care. His report could be important in any worker’s comp claim you may file.

Contact your boss and arrange for any sick pay you are entitled to. If you are injured at work, you should be entitled to any missed wages because of the injury. If you think there may be any complications, contact a personal injury lawyer who can guide you through the process. The lawyer will be compensated if they successfully win your case regardless of the outcome. This is the “No-Win No Fee Policy.

If there are any doubts or questions about your case, a trained and experienced lawyer will help you decide if you have a case worth following. There is no reason you shouldn’t talk to a professional if you will not lose a dime by doing so.

**Filing or Appealing a Worker’s Compensation Claim**

Do you know what steps to take if you are injured at work? The three most important steps are to get medical attention immediately, notify your boss or human relations department in the company, and file a worker’s comp claim. Even if your injury seems minor, your injury may cause long-term effects that may not show up immediately after your accident.
Get the accident recorded at your workplace. As with all personal injury claims, you should document the accident as soon as you are treated medically. If possible, go back to the scene of the accident and take photos of the accident site. Ask for phone numbers or addresses of any witnesses to the accident. All of these steps are important if you plan to make a worker’s comp claim. Your employer may ask you see a company doctor or doctor of their choice after an accident. You would be wise to see your personal medical doctor for proof of injuries. Your doctor can document and write a report on the injuries. If your injuries require emergency treatment, you should get medical attention at the closest medical facility. You may have time limits on telling your employer you will be asking for worker’s comp benefits, so it is a good idea to notify them immediately after an accident. You are not bound to follow through with a worker’s comp claim even if you give notice. They will be no legal rights to claim if you did not notify them of your intent to claim benefits.

Your employer may give you the forms to file a worker’s comp claim. You may also get claim forms from a local state office. You can find the listing for your state office by looking in the white pages of the phone book by looking under the U.S. Department of Labor. If you are a federal employee, contact your closest District Office for the Federal Employee’s Compensation department.
If you want to appeal a decision on a worker’s comp claim or if your claim is denied there is a process that will help you. You can appeal your case before the Worker’s Compensation board and if you lose that hearing, you can appeal before a worker’s comp Administrative Law Judge. If you lose there you are entitled to appeal through the judicial system.

The choice of hiring a lawyer is your decision. The complexity of your case should decide if you need a lawyer to help you with your case. If you are filing an appeal and standing in front of a judge or administrator it is a good idea to have a lawyer with you. You should have an attorney that specializes in your injury.

If you have any further questions you can look on the Internet for your state’s worker’s compensation laws. Ohio has a nice website set up at www.OhioBWC.com. Each state will have details about worker’s compensation laws.

**Methods Used to Resolve Worker’s Compensation Claims**

There are two methods of resolving a worker’s compensation claim. You may be awarded a lump sum settlement or you are
entitled to a hearing before an arbitrator of your state’s Industrial Commission.

The lump sum compensation is awarded as a fixed dollar amount to the injured person. This dollar amount is settled in negotiations between your attorney and the attorney for the worker’s comp insurance company. This settlement contract is binding until the arbitrator of the Industrial Commission approves it. When you sign this lump sum contract, your worker’s comp insurance company is not obligated to pay any continuing medical bills. When you settle for a lump sum compensation amount, your claim is over. Any medical problems caused by the injury that occurs after the settlement is your responsibility. Medical bills, temporary total disability or any other benefits are over and no longer covered by worker’s comp for that particular injury.

You are entitled to a hearing before an arbitrator if the two sides cannot agree. You or your lawyer can present the medical evidence and witnesses that support your claim. They will then hear the worker’s comp company’s side and make a determination to how much money you should be awarded.

These hearings are complex and you need to have legal representation if you plan to go before an arbitrator. If you don’t have an attorney to represent your interests, you are at a severe disadvantage. The insurance company will be represented by
their lawyer with plenty of experience dealing with claims just like yours.

When the arbitrator decides the compensation award, it may be paid in weekly installments. Your compensation will be 60 percent of your average weekly wage. If either side is unhappy with the decision of the arbitrator, they may file an appeal to the Industrial Commission to review your case and file an appeal. You should know an appeal process could take an extra eight to twelve months if the commission has a case backlog.

The benefit of this hearing is your right to receive future medical treatment if your case stays open. Credible medical evidence related to your injury can keep your case open in case you need further medical treatment.

You should know the worker’s comp insurance company is not legally obligated to offer a lump sum settlement. A worker who is not represented by an attorney may settle for what they think is a generous settlement and agree to an amount before their medical treatment is complete. There is also a danger you may not be able to go back to your original job because of long-term effects of your injury.
If you have received worker’s comp benefits as long as three years ago, but have never settled a lump sum settlement contract, your case may still be considered “open.” You might be entitled to more benefits for your injury. If you are unsure if your case is open or closed, you should check with an attorney who will look into your case.

**Steps To Take When You Have Been Injured**

Do you know the steps to take when you suffer a personal injury? Have you been injured on-the-job, in an auto accident, or a trip on a cracked sidewalk? There are a few important steps you need to take immediately after your injury. You may not feel it is serious at the time but it could develop into a serious injury that can cost you money, time off work, and personal pain. You might not have any medical problems at the time of the accident as you may be in shock. Physical pain and medical conditions can show up after the accident.

In the days or weeks following an accident you can protect your rights to follow up with a personal injury claim. The first few days are important but there are no steps you need to take in any particular order. Write down everything you can remember about the accident, the circumstances that surrounded the
accident, and any witnesses that may have been present. You should keep track of all expenses you have about the accident, any wages you may have missed, and any other losses you incur because of the accident.

Take notes of any conversations you may have with people that witnessed the accident or had direct involvement in the incident. It is important to take notes, and have any witnesses write down what they witnessed in case a formal claim is filed. Find any witnesses you can find that were around at the time of the accident. If possible, ask them to write down their version of what occurred. Take names and addresses in case you may need them to verify the incidents about the accident.

Photos could be an important part of any personal injury claim. Take photos of the accident spot, any personal injuries, or any physical evidence that was present at the accident. If you are hurt at work, report your accident immediately and be sure your immediate supervisor is told of the accident. The company may send you to a company doctor to confirm any injury that occurred.

Notify anyone you may think is responsible for the accident that you have the plan to file a personal injury claim. They should be told that a formal complaint is being filed.
There is no set time limit on notification, but if you let them know within a few days you have a better chance of receiving a fair and quick resolution to your claim. Just because you give notice, does not mean you will have to follow through with a claim. This protects your rights to make a claim and keeping the other party from claiming you waited too long to file a claim. Government agencies have a time limit after an injury and each state have a period of time between 30 days and one year to make a claim.

The steps you take immediately after the accident may make your claim process go more smoothly. These are steps that will help you get a fair settlement.

**Who To Notify In Case of an Accident**

If you have been injured in some sort of accident and intend to file an injury claim, you will need to notify who you think is responsible for the accident. If you don’t know who is responsible, think about who might be held at fault. You do not need to give those people details about your claim, only that you intend to file a claim. Give them the accident place, date, and
time and the fact you were injured. That is as far as you need to go when telling a person or company of your intent to file a claim.

Before you notify anyone, you have to decide who is to blame for the accident. If you are not sure, notify everyone who might be responsible for accident. The owner of the car, the driver of any other car involved, the employers of the drivers, and even the company the person may work for. You will also need to notify your insurance company of the accident and any injuries you received.

When you have decided who needs to be told, you will need to write letters telling each of the parties you believe are responsible that you were injured in an accident. You may need to send more than one letter because one should go to the business where an accident happened, and to the owner of the property if they are different. You should write these letters even if the different parties told you they would notify their insurance company. Keep your notice letter simple and typed neatly with the basic details of the accident and ask for a written response. You do not want to describe your injuries in detail and you do not want to talk about fault or blame for the accident.

The single most important fact is to not delay in sending out notice letters. You should always file within a couple of weeks of
the accident. There is no time span to deliver notice letters unless you are dealing with a government body. It is always best to start your notices early. Remember, if you notify someone of your intent to file a claim, you are not obligated to follow through. If you think there is a possible reason for you to file a compensation claim, then notify all who may be held responsible.

It is important for you to send your notification letters so a company will not claim the personal injury suit is a surprise to them. Keep copies of the letters you send out and note the dates of any follow-up letters or phone calls. Keep a special folder for all paperwork involving the accident and any injury claim you may file.

Remember, you may not know who is at fault for your injury or accident but you should notify everyone who could have been at fault. Do not lose your compensation claim because you failed to take this basic step. Notification letters are important if you even think you may file a claim.

**Long-Term Effects of a Personal Injury**

If you are the injured person, every injury or pain is disastrous. There are long-term effects that are felt long after you are injured. Severe injuries can change your life dramatically
and it may stay that way forever. If you are someone who has suffered a severe injury, you should ask for help from a qualified and experienced personal injury attorney. If your injury will need extensive medical treatment, rehabilitation, or will have a permanent effect on your life, you should hire an attorney.

Some serious injuries can be treated and eventually you can resume your life, go back to work, and your everyday routines. Other serious injuries make it impossible to have the same like you had before the accident. A serious injury may also shorten your life, cause constant suffering, and leave you with a total disability.

The attorney you choose should specialize in your injury. Some lawyers specialize and have a better understanding of burn or head injuries. They will understand you will live the rest of your life with a lifetime of medical care and many operations. They should be knowledgeable about medical terms that apply to your injury and the recovery process. If the person injured is a child, the compensation will be higher because of surgeries needed to accommodate the growth of the child, and for cosmetic purposes. Children with broken bones may have to have more surgeries to allow for the growth of the bone or compensate for damage to the growth plate. If your attorney understands the
long-term effects of the injury they can ask for the correct amount of compensation.

If the injury is so complex and severe that it leaves a person disabled or an invalid, an attorney needs to work for the highest amount of compensation. The injured person will need constant care and personal attention and they will need a way to take care of the expense. There is always hope for new medical knowledge that may help with serious injuries that have no hope for a cure or rehabilitation. Spinal cord injuries are one example. Gains are made every year in the search for ways to treat spinal injury patients and some day there will be a way found to allow these patients to function normally again.

If the injured person is a child, they may need full-time care and that is expensive. A brain injury can cause a personality change that can disrupt a family and tear apart a marriage.

Unfortunately, many juries and judges do not consider the full consequences of the accident and the injured person is not fully compensated to take care of them in the long-term. There are caps put on damage settlements which can be too low to take care of the injured person’s needs through their lifetime or until they fully recover. It is a sad truth that many insurance companies protect their wealth at the expense of the people who
regularly paid premiums expecting to be covered in case of an accident or injury.

**Conclusion**

Okay, that concludes our discussion of the various forms of traumatic injuries. It is my hope and intent that you learned a lot about your particular injury; if you have any questions, you are more than welcome to call my office for more information. If I am available, my staff is instructed to put the call through, and if not I will call you back as soon as possible. I wish you the best of luck in regard to your health. (Make sure to read the special bonus section).

*Dr. Joseph Medina – Chiropractic Physician*
I want to first thank you for taking the time to read my ebook. Before you continue I would like you to know that I have successfully helped many Stark County residents fully recover after they were injured in a car accident. Perhaps you were recently injured in a wreck or collision. Maybe you have been experiencing pain, muscle spasm or even frustration from not being able to do the things you enjoy in life because of the pain. I want you to know that there is hope.

The hope of knowing that I understand your frustration from the changes in daily life that pain creates. I also know how to diagnose, treat and quickly relieve your pain, restore your function and get you back to doing the things you love and need to do as quickly as possible. As a Doctor of Chiropractic treating whiplash and pain related to auto trauma injuries is something at which I excel and enjoy. Perhaps I can offer the solution to your pain, if your want to know more, please read on...
What You Need To Know About Auto Accident Injuries...

Many people have misunderstanding regarding the soft tissue and spinal injuries that result after an automobile collision. Victims of such accidents are often misguided by inadequate treatment programs prescribed by their family or emergency room doctors for these special kinds of injuries resulting in poor healing or prolonged suffering from one or more of the following symptoms after their treatment concludes:

- Recurring headaches
- Neck pain and stiffness
- Jaw pain (TMJ)
- Dizziness
- Increased fatigue
- Numbness, tingling or pain in arms or hands
- Chronic muscle spasms and tension
- Ringing in the ears
- Low back pain
- Spinal disc herniation or bulge

If you are a victim of such health problems because of an accident and you think that everything has been done to get rid of the pain and problem and that you are now one of those poor people who will “just have to learn to live with the pain” then you are the reason I wrote this report.
Whiplash...What Is It Really?

Whiplash is a general description of how an injury occurs; it is not a condition, disease or even a symptom. When a person suffers a whiplash-type injury it means their body was thrown around in a "whip" like manner forward and backward.

What Causes A WHIPLASH Type Of Injury?

The whiplash injury occurs most frequently in an auto rear-end collision. When the auto is struck from the rear, its forward speed is accelerated and the passenger's body is also thrown forward but their head remains stationary or is thrown backwards. When the body is suddenly thrown in one direction and the head is thrown backward and then forward, it is called a whiplash injury. This results in hyper-extension (beyond the normal backward bending range of the neck) followed by hyper-flexion (beyond the normal forward bending) of the neck. A sudden or slamming on the brakes can also result in a whiplash. Even a collision from the side, throwing the head from side to side, can cause a whiplash type injury to, the neck. A whiplash type injury doesn't occur only in automobile accidents. They can also be the result of any sudden change of movement of the body. This can occur when you step off a curb unaware, in strenuous activity, falls, or sports
like handball, football, boxing, skiing or even things like amusement park rides and rollercoasters.

**Where Does The Damage Occur?**

The vast majority of whiplash type injuries cause damage to the neck's soft tissue, things like the ligaments, tendons, muscles and cause pain producing changes in your spinal vertebral alignment. This can cause symptoms like pain with or without stiffness in the neck; headache, either right at the time of the whiplash motion of the neck or commonly within the first 24 hours after the accident. Some people also have persistent numbness and tingling in the arms, hands and fingers or similar sensations between the shoulder blades.

It is not uncommon to experience auditory and visual symptoms such as ringing in the ears, hearing loss and/or dizziness or even pain behind the eyes with blurring of the vision related to the injury.

Some people have no symptoms immediately following an accident and think they are not injured. Still, they may develop symptoms a few hours, days, weeks or even months after the accident. This is why getting checked by a doctor who understands soft tissue injury as soon as possible is so very
The Symptoms Are Just the Signal Something Is Wrong; They Are Not the Problem...

Most all of the symptoms a whiplash injury can create, (there are many more than I have space to list above), have at least one thing in common....spinal nerve irritation or compression. When soft tissues are torn or severely stretched causing spinal vertebrae to become fixated or even just misalign slightly, sensory and motor nerves can become irritated and even damaged. In chiropractic this has been referred to as the vertebral subluxation complex. This is a serious biomechanical lesion commonly shortened and just referred to a ...“Subluxation”.

The spinal nerve irritation that results from this whole injury complex is one of the most common contributing factors to persistent pain and problems in serious whiplash type injuries and is also one of the most overlooked and untreated factors that your medical doctor or physical therapist will not find. When nerves are irritated or compressed, their vital impulses are altered interfering with your nervous system's ability to regulate, control and coordinate the function or the internal organs and
other body systems leading to improper function and most commonly, PAIN.

Why MEDICAL TREATMENT Commonly Fails To Fix The Problem...

Correcting the cause is the only way to effectively treat whiplash type injuries. However, the usual medical treatment is to prescribe muscle relaxers, pain pills, anti-inflammatory drugs and other medications to relieve the pain and related symptoms. When the drugs fail to correct your condition, physical therapy, stretching and strengthening exercises and sometimes even braces are used along with the drugs. When all that fails to bring satisfactory results many patients undergo potentially unnecessary surgery with all its associated serious risks. I am not saying that the medical approach is not needed. Actually at times is necessary and even life saving but remember that ALL medication will have side effects that can be very severe, and surgery is very dangerous and should always be the last resort only after everything else has failed to correct the problem.

CHIROPRACTIC CARE - The “Key” To Soft Tissue Healing And Quick Pain Relief...
Chiropractic is not an extra strength "pain-pill" that only provides temporary relief by blocking the perception of pain, nor is it a treatment specifically for "whiplash." Chiropractic is so much more! Greater numbers of people with "whiplash" pain and symptoms have sought and found relief from chiropractic care in greater numbers recently because chiropractic care addresses the major cause of spinal nerve irritation caused by subluxation from the whiplash type of injury. They also report higher percentages of patient satisfaction when compared to those who sought care from physical therapists or medical doctors.

Today, because of our stressful lifestyle, poor eating habits, environmental pollution, lack of proper exercise, etc., millions are suffering from subluxations and the resulting spinal nerve irritation that can cause body malfunction leading to diseases and pre-mature aging. Many people live with these problems and may never even know they are “sick” until they have symptoms and in some cases it is too late for complete restoration of their health. If they had only read this information and had a chiropractic examination the problem would have probably been easily corrected.

Being Healthy is More Than Just Not Having Pain...
Pain is not a disease process, it is only a symptom. You can have a serious health problem with or without pain. Dorland's Medical Dictionary defines pain as "a feeling of distress, suffering or agony caused by stimulation of specialized nerve endings." There can be no pain unless these specialized sensory nerves are stimulated (irritated), resulting in the transmission of nerve impulses to the brain. In this case, pain from a whiplash injury is only noticed if the local nerves are sufficiently irritated.

People with no pain might even be considered unfortunate because they may be lead to think the absence of pain means they are healthy causing them to delay chiropractic treatment. Those with pain should never attempt to cover or mask it with pain killing drugs. This does nothing to correct the problem and usually causes more problems as they do things pain free that they would not have done without the drug. The hidden cause must be corrected before long-lasting relief and health can be restored. This is why it is so important to understand that no pain does not necessarily = health.

**The Real Problem Is Missed**

As a matter of further explanation, it should be understood that the goal of most treatment programs for injuries following auto accidents is one of pain relief alone, which is often temporary.
Irritated nerves continue to cause pain or other problems. Without restoring your spine back towards its correctly aligned position, you are faced with developing chronic health problems that in some instances can last a lifetime. In short, the real problem is missed.

Fortunately, health conditions caused from auto accidents may now be relieved or even eliminated through a proper program of "restorative" chiropractic care, designed to keep the pain from coming back!

I focus a large percentage of my time helping people involved in traumatic injuries (auto accidents and work injuries) to overcome their pain and dysfunction. In light of new research and treatment methods, I have decided to help anyone living in the Stark County area suffering from physical pain following an auto accident find a solution to their health problems. Balanced Health Solutions has always taken pride in focusing on the detection and treatment of whiplash and the injuries resulting from automobile trauma.

In the past, I've helped hundreds of people feel better and live healthier, more productive lives following my program of gentle spinal corrective chiropractic care. (Actually, the type of care I provide, doesn’t even involve any bending, snapping or...
twisting your spine like a pretzel). Now, I would like to introduce more people to the many healthful benefits that my spinal care program has to offer.

So, if you always wanted to see what cutting edge chiropractic care can do for you, now is the best time because you are invited to receive an injury evaluation so I can determine if our Auto Accident Pain Relief Program can help you!

What do these evaluation services include? Everything necessary to make an accurate diagnosis and recommendations for resolving your health problem! You'll receive an in-depth consultation about your accident and the health problems that resulted; a complete spinal examination, including orthopedic, chiropractic, and necessary neurological testing; a full set of specialized x-rays (only if necessary) and a digital postural stress analysis. These tests will be analyzed to determine the exact position of your spine and if it may have been damaged as a result of the accident. After all this information is gathered, sorted and processed you’ll receive a consultation to discuss our findings and individualized recommendations for your care.

The appointment doesn't take long at all. In most instances our evaluation will require less than 60 minutes of your time.
What is the cost of the evaluation? Like any other health-care service, chiropractic evaluation and care is covered completely under the medical benefits portion of your automobile insurance policy. All fees for this evaluation will be sent to your auto insurance company for payment, alleviating any financial burden to you. Essentially, it will cost you nothing!

**Make Sure Your Doctor Is Uniquely Qualified**

In 1996, I graduated from Cleveland Chiropractic College (in Kansas City, Missouri) with the degree Doctor of Chiropractic. Since my graduation from chiropractic college, I have dedicated my life to studying all types of injury to the spine. My practice has been focused on relieving all types of chronic neck and back pain. I continue my education yearly with additional training sponsored by most all of the major chiropractic colleges. I hold certification in Meridian Therapy (basically meridian therapy is the applied study of the Chinese healing).

At Balanced Health Solutions, we treat many difficult cases that have not responded previously to treatment. I have been able to do so by maintaining my knowledge of the latest research and techniques in my field and by completing numerous postgraduate training seminars in chiropractic, case management, radiology, whiplash injuries, neurology and low-level laser therapy. In our
modern and friendly facilities, we provide high quality post-traumatic spinal care available and an atmosphere that is both professional and educational.

**How We Differ From The Rest?**

Here at Balanced Health Solutions, it is our premise that unless a patient's spine is restored to its optimal and correctly aligned position, long-term results cannot be achieved or maintained. For this reason, the treatment procedures we use allow for this necessary spinal correction, not only resulting in pain relief to the patient, but also providing the opportunity for long-term corrective results. This approach minimizes the chance of spinal and/or nerve problems from returning.

*Please keep in mind, that it would be unfair of me to say that I am better than my fellow chiropractors...there are many good chiropractic doctors here in the Stark County area. All I’m really saying is that there is a difference, and I’m just trying to say how I’m different. Should you need a referral to a different chiropractor, just let me know – I'll do my best to find one for you that suits your needs. (It is my hope that you get the care you need, whether that be with me or another healthcare provider – your clinical needs are my utmost concern).*
Don't Wait, Rely On Our Experience

We may be able to help you find a solution to your health problems and alleviate your pain. To get the answers, call my office and set up an appointment for an evaluation of your whiplash injury this week.

Call anytime between 9:00 AM & 12:30 PM, and 3 & 6 PM, and tell my front desk assistant (her name is Krista) when you'd like to come in for evaluation of your injuries & pain. (We are open Mondays, Wednesdays and Thursdays).

Please don't miss this special opportunity to feel good again!

I encourage you to call as soon as possible, as our available appointments always fill up fast.

Haven't you suffered long enough?

Call me right now at 330-493-9810

Well, that's about it. I hope you have learned something from this ebook. I also hope that I have enabled you to make good, educated decisions about your health.
I appreciate the time you have spent reading this ebook and wish you only the best in health and wellness!

Sincerely,

Dr. Joseph Medina
Doctor of Chiropractic

PS – You need to document your injuries as quickly as possible for two reasons. Number 1…it will help your legal case, if you choose to go that route. And number 2…the quicker an injury is diagnosed, the less severe it will be, and the easier it will be to treat. That means you’ll be out of pain faster and back to living your life the way it was before the accident.

PPS – Call 330-493-9810 in order for your Accident Injury Evaluation. The sooner the better.