

# Neuromechanical Pain Management Associates

## “Where we serve more people and Serve people more”

---

### Benefits of Chiropractic care after an Auto Accident Injury

Have you or someone you know been involved in a motor vehicle collision? One of the most common injuries from a car crash is the damaging effect of whiplash. Whiplash occurs when a sudden, jarring movement of the head is sustained backward, forward or even to the side. Whiplash destabilizes the spine and causes severe pain as well as these other indicators:

- Blurred vision
- Neck pain
- Headaches
- Dizziness
- Shoulder pain
- Reduced range of motion in the neck
- Arm pain
- Neck stiffness
- Low back pain



It is critical that chiropractic care is sought immediately after an automobile accident since allowing the effects of whiplash to go untreated can induce long-term pain. The seriousness of the physical effects of an accident is not always known or felt immediately following. It can take days, weeks or even months for major symptoms to show up, which is why chiropractic care is essential to maintaining the health of a spine that has been through a trauma.

Any body part that is jarred or thrown forward unexpectedly and beyond normal limits can sustain stretched ligaments and even tears. Those supporting the head and neck are especially vulnerable to this kind of tearing during a collision. Since chiropractors specialize in the care of bones, muscles, nerves and connective tissue, they are crucial to visit after an accident. All those major parts of the body are important to keep in optimal health and correct alignment so they can function properly and all body systems can operate seamlessly.

Early care and treatment means full healing and recovery is quickly realized. Even a car crash that is seemingly minor with limited damage to the car itself can cause serious injury to the driver and passengers. Chiropractic treatments are the right step toward restoring the body. They relieve pain, make necessary adjustments to spine alignment and may include massage or foam roller techniques. Beyond treatment, advice for optimal nutrition, as well as exercises to continue healing on your own after appointments, are just a few examples of the way our chiropractors care for the whole individual after an accident.

## Injuries from an Auto accident

If you have been involved in a car accident, whiplash injuries need to be taken very seriously. Because symptoms of a whiplash injury can take weeks or months to manifest, it is easy to be fooled into thinking that you are not as injured as you really are. Too often people don't seek treatment following a car accident because they don't feel hurt. By far, the most common injury to the neck is a whiplash injury. Whiplash is caused by a sudden movement of the head, backward, forward, or sideways, that results in the damage to the supporting muscles, ligaments and other connective tissues in the neck and upper back.



Unfortunately, by the time more serious complications develop, some of the damage from the injury may have become permanent. Numerous studies have shown that years after whiplash victims settle their insurance claims; roughly half of them state that they still suffer with symptoms from their injuries. If you have been in a motor vehicle or any other kind of accident, don't assume that you escaped injury if you are not currently in pain.

## Come Check out our Offices

**At Neuromechanical Pain Management Associates**, we provide guidance and information on how best to deal with your auto accident injury, including help with the insurance landscape. This may involve the retention of legal representation to better assist your needs. We work with reputable attorneys with experience in dealing with the complexity of issues that at times can be involved in motor vehicle accident cases. We can also have the attorney meet you at our facility saving you the inconvenience in attending another meeting at another facility. We work closely with your attorney to assure the best possible outcome for your case. We also provide referrals to outside medical specialists, and advance imaging procedures if the need arise. We have created an extensive network over the past 30 years with many specialists in the Trenton, NJ areas and Bucks County, PA areas.



If you are already seeking medical attention for your auto accident injury and are not happy with your care; please know that you can go anywhere you want to go. If you are not happy maybe you should come visit us, it may be better for your case, our doctors may find something that was not found by the doctor's you are seeing now. Our offices are located at **1330 Calhoun Street, in downtown Trenton, NJ 08638, and 8025 Mill Creek Parkway, Levittown Pennsylvania 19054 in Bucks County.** For more information, please visit our website at **1800backdoc.net**