

SIMS CHIROPRACTIC CENTER

GIVING **BACK** INFORMATION

VOLUME 1, ISSUE 3 JUNE, 2005

Even “Fender Bender Accidents Can Cause Serious Car Accident Injuries.”

Can you remember the last time you saw an accident? Do you know anyone who was involved in an accident, lately? Perhaps it was you or someone you know closely. As our metropolitan area continues to grow, more and more *people like you and me* are likely to be involved in an automobile accident. Statistics say that:

Every American is likely to be involved in at least one car accident during his/her lifetime.

Wow, that is a harsh statement that is totally true. *Traffic accidents cost the public more than \$150 billion per year.* Some of this money comes from our pockets due to loss of function, loss of work, loss of property and maybe even loss of use or death.

Some injuries are overlooked by

most doctors and considered minor “Fender Bender Injuries”

As ugly as this reality is, we must be armed with as much information as possible to protect our health and receive treatment from the physicians who have our best interest at hand.

The truth is that some of the common injuries that often occur in car accidents are misdiagnosed and misunderstood by most physicians.

Minor car accidents can cause hidden injuries that may take weeks, months, and even years to surface.

Yes, that is correct. These low impact injures may cause people like us to suffer from progressively debilitating inju-

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AUTO INJURIES

- *Nearly every American will be involved in at least one*
- *Cause loss of function, loss of work, loss of use or even death*
- *Many injuries overlooked by doctors*
- *Must be taken seriously and receive medical attention!*

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CASE STUDY OF THE MONTH (CAR ACCIDENT)

Ms. Hernandez was a patient of mine who entered my office 3 weeks after her car accident. She was a belted, front seat passenger who was struck from the rear while her vehicle was stopped at a traffic light. She informed me that she was riding in a new Volkswagen car and was struck by a modern Nissan Pathfinder. She doesn't recall the exact details of the accident because she believes she may have “blacked out” briefly after the

accident. The driver of her car was not “seriously” injured. He told her he would not go to the hospital or doctors office, but would see how he felt in a few days. She did not go to the hospital when the ambulance arrived on the scene because she felt that she would be fine. Surprisingly, the vehicle was not severely damaged and she believed her headache may have come

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CALL! Get Your Free Report!

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Even “Fender Bender Accidents Can Cause Serious Car Accident Injuries.”

ries that could have been prevented or lessened if they were treated properly.

A few of the injuries I am referring to are called: *Strain, Sprain, joint dysfunction and Whiplash*. Although they are commonly diagnosed, there are degrees of severity that must be noted in order to diagnose and treat the patient appropriately. **Often, people who are injured in “Minor Fender Benders” think that the impact was low and the injury is likely to heal on its own in a few days.** But, they fail to realize that the body may not reproduce instant symptoms of pain or discomfort. This may lead the unsuspecting injured person to believe that they are fine, consequently causing more damage. On the other hand, a person may have been involved in a low impact accident and experienced soreness in their neck and back. They may be in denial, assuming that the soreness will go away on its own.

How long should they wait for relief before receiving medical attention?

It is always safe to error on the side of caution when dealing with these types of injuries. If the injury is severe, medical attention by an emergency medical technician (EMT) or emergency room physician is best. If the crisis is not life threatening, but they experienced bodily harm, they should strongly consider being seen and consulted by a physician who is able to properly diagnose and treat with the patient’s best interest in mind.

If your physician tells you that you have a strain/sprain (Soft Tissue) injury that will likely go away in a few days... gives you some pain medication and tells you to call them in two weeks...

You may want to raise your eyebrow to that advice, particularly if you feel the same or worse. You may even have headaches, nausea, numbness, tingling, fatigue, decreased concentration and depression associated with pain. The drugs may temporarily provide relief, but they are masking your body’s natural alarm system “Pain” and potentially making matters worse by causing further injury... not to mention the affect some drugs will have on your kidneys and liver with prolonged use.

Doctors of Chiropractic use a drugless, non-surgical, cost effective and result based method of treating people who are often misunderstood, misdiagnosed and not treated properly as a result of car accidents.

Your doctor’s documentation of your care is critical for two reasons One, it lets your insurance company and other third party’s know the diagnosis, prognosis and progression of your condition. Two, it supports your loss and clearly illustrates the severity of your condition, allowing you the opportunity to maximize your financial losses. So, think twice about who you want treating you or your loved one when they are involved in a car accident. Think about how quickly they can become well with the safest, effective methods of Chiropractic that has been kept secret to the public.

If you would like to receive the **Free report that Reveals The Stunning Truth About Hidden Car Accident Injuries!!!** And Find out What Many Doctor, Hospitals, And Insurance Companies Don’t Want You To Know.....To get your free copy, **call 1-888-874-2870** and listen to the toll-free, 24 hour recorded message. Call now before it’s too late!

CASE STUDY OF THE MONTH (ARTHRITIS)

(Continued from page 1)

from her hitting her head against the roof of the car. **She thought things would get better with time.**

She returned to work 2 days after the accident. She worked as a store manager in a nearby retail store. Her co-workers noticed she was a little more **“moody”** than normal week one. Her **headaches** continued almost daily and were pounding on both sides of her head. Fortunately, she was able to adjust her hours at work. But, unfortunately her store’s sales were affected as a result. She was unable to sit at her computer desk station longer than 20 minutes because her **neck pain** would begin and then her **headache would increase times (10x).**

Week 2 she was in agonizing pain daily. Not only did she have a unforgiving headache and neck pain, but now she was starting to have progressive **numbness along her left arm/fingers.** This is when she searched online for help and came across our number. She was scheduled that day for her initial visit.

During the examination, she asked me to pardon her slow movements. Ms. Hernandez was taking over the counter medication and it slowed her down. Her range of motion was very limited.

There were several orthopedic test and neurological test that were not normal. In particular, two test indicated that she not only had a strain/sprain injury, but also had possible nerve damage arising from the neck. Based on the test, it was likely that her spine had whipped in a

fashion that caused the joints and tissue to tear, causing injury to the nerves that exit the spine.

We took several X-rays of her neck to see if the exam was consistent with the X-rays. Well, I saw two bones that were stuck in a position, putting direct pressure on the nerves that travel down the arms/hands.

During her report of findings, I explained to her what I found and explained that I was glad she sought treatment. I explained that her headaches were present because of the nerve irritation and soft tissue damage in her neck and would likely improve after 3 weeks of treatment.

She treated daily for 2 weeks and told me during her second week that the headaches were no longer daily, but were occurring 2x a week with mild intensity. I knew she was progressing and continued with treatment. Her treatment plan consisted of the chiropractic adjustment, electrical muscle stimulation, massage and moist heat the first week. During the second week, stretching and exercise was added. She needed to increase her muscle flexibility because her muscle tissue was injured and needed to heal/repair appropriately.

Ms. Hernandez treated at my office for 3 months. On her last visit and examination, she told me that her performance at worked changed for the better— she was not in jeopardy of losing her job anymore, she had regained control of her life and now realized how debilitating a car accident can be and significantly affect a persons lifestyle.



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WE'RE ON THE WEB!

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WE HAVE YOUR BACK!

3. Which things happen when you ignore your injuries after an auto-accident?

A. Don't receive proper medical attention.

B. Do not properly document your injuries for reimbursement and pain/suffering

C. Get Worse! Difficult to heal completely

D. If you don't complain about minor injuries. The insurance adjuster will reimburse you more.

4. Pain Medication and Over-the-counter medication not

only help you feel better, but also helps your body heal properly.

A. True

B. False

5. All physicians are skilled at properly treating and documenting injuries caused by work and/or automobile related accidents.

A. True

B. False

SHOW WHAT YOU KNOW & LEARN WHAT YOU DON'T

1. This is a condition/diagnosis which cause muscle(s), ligament(s) and/or other tissue in the cervical spine to become injured, usually during an injury that requires bending and extending the neck .

Hint: Often used to describe car accident injury

A) Strain/Sprain

B) Radiculitis

C) Whiplash

2. Who should you see first if you or someone you know has "black outs", clear nasal discharge and/or bleeding from ear after a car accident?

A) Primary Physician

B) Physical Therapist

C) Chiropractor

D) Emergency Room Physician

ANSWERS
1. C
2. D
3. ABC
4. F
5. F

Known Facts-

- Every American is likely to be involved in at least one car accident during his/her lifetime.
- Traffic accidents cost the public more than \$150 billion per year.
- Minor car accidents can cause hidden injuries that may take weeks, months, and even years to surface.
- Often, people who are injured in "Minor Fender Benders" think that the impact was low and the injury is likely to heal on its own in a few days.

Do you know of someone you think could benefit from this type of information?

Complete form and Fax to: (301) 853-7040

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