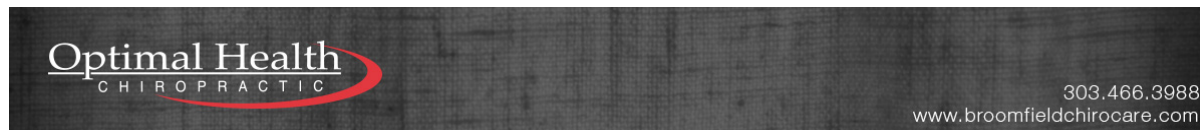


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Car Accidents and Chiropractic Treatment



This month, our office has seen a dramatic increase in the number of patients who have been involved in a car accident. Many of those patients don't know how beneficial chiropractic treatment can be after a car accident and the ins and outs of working with our office during this time. We are happy to help patients through this process as it can often be an overwhelming time for people.

Chiropractic treatment following a car accident, no matter how minor of an accident, can be essential in preventing chronic back and neck pain. When car accidents occur, the alignment of vertebrae in your spine can be altered. Alterations in the alignment of the spine can cause areas of the spine and spinal discs to deteriorate quicker than normal. Even if you do not immediately feel pain, alignment should be checked. Discomfort may also become worse over the course of two weeks following an accident. It is easier to treat spinal alignment issues due to whiplash and car accidents immediately after they happen.

You can expect your treatment following a car accident to include a thorough examination, chiropractic adjustments to both the spine and any extremities that may have discomfort after the accident and soft tissue therapy to help the muscles around effected joints relax and recover.

What to Bring to Your First Auto Accident Appointment

If you have had any imaging or emergency care done before seeing us, please bring those documents or the images so we may review them at your appointment. If you have already gotten a claim number from your auto accident, please bring that in as well. If you do not wish to go through your auto insurance, we will request any insurance information you wish us to bill as well as a photo ID.

We always send home a little homework home with you called an auto packet. This packet will ask you questions about your pain, its location, and details about your accident. In this is where we would have you list your claim numbers, billing addresses, and contact information for your adjuster.

Who Pays for Chiropractic Care After an Auto Accident?

After you get into an auto accident your auto insurance company may cover medical claims related to your accident. This is called Med pay. This is so you can receive treatment without having to go through your

medical insurance. This is not how every auto insurance company works, so please when you are filing your accident with your insurance be sure you ask if you have this available to you. If this coverage is available they will set you up with a claim number and billing information to give to your provider. We have ability to bill your medical claims out to the at fault driver or an attorney if you choose to go that route. Each case is different so please ask us for more information and we will be able to help you based on your situation. This means you would not have to pay out of your own pocket for treatment! If you have any specific questions please feel free to reach out to us and we can talk you through it as well.

What is whiplash?

Whiplash is an injury to the neck that is caused by sudden or violent jolting of the neck in one direction followed by another direction. Whiplash is most common in auto accidents but may also occur from falls, skiing injuries, or other sports related injuries.

Whiplash injuries are sprain/strain injuries of the neck involving the muscles and ligaments that provide structure and support to the most vital part of your body. The cervical spine (neck) is vitally important in protecting the spinal cord and brain stem; whiplash injuries can compromise the integrity of the spinal cord and the spinal nerve roots which control everything in the human body.

If you find yourself trying to navigate the after car accident world, we're happy to help you. Car accidents can cause a lot of physical pain and mental stress and we hope this makes you feel more confident and not as confused if this happens to you. But let's just keep up the focused, safe driving for now!

- Dr. Chris



Spring Break is Approaching



Massage News & Updates

Chiropractic News: Spring Break Hours

It's almost spring break time! We're excited to sneak away for just a bit, so the office will be closed Wednesday, March 20th - Monday, March 25th. We'll be returning to the office on Tuesday, March 26th.

We encourage you to come in and get adjusted before we leave. To get on the schedule, give us a call, text or book online: optimal-health-chiropractic.booksy.com

Massage News: Longer Sessions Available and Fridays Coming Soon

Starting March 15th, Diane will be massaging on Fridays in our office, replacing Tuesdays, making her days in our office Wednesday through Saturday. The goal is to create more availability at times our clients are more available, making it a more convenient experience for everyone.

If you're looking for a little longer time on the table, Trisha has updated her service menu and is now offering 120 minute sessions. And we're also excited to let patients know that we now have a brand new hydraulic massage table in the second massage space for an even more comfortable massage experience for you (and for our therapist!)

Schedule your next massage with any of our therapists:

<https://www.massagebook.com/biz/OptimalHealthMassageTherapy>



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