

# How Can Chiropractic Care Help With Auto Accident Injuries?

Consulting a chiropractor is always a smart move after having a car accident. A chiropractor can treat neck injuries / whiplash, back injuries, soft tissue injuries, and he is able to help you loosen stiff muscles after the vehicular accident occurs.

First off, you need to listen to your chiropractor after your auto accident. He is best able to diagnose your injuries and provide the most corrective treatment to help you heal.

The first step in healing after an auto accident is to realize that you need to see a chiropractor to help ease your pain, even if it appears days after your accident.

Over the last several years, a ton of research has been done proving that injuries can and do occur in low impact collisions. The most common injury is whiplash (or neck injuries). Whiplash was discovered to occur in sudden changes of speed of only 2.5 miles per hour, with minor back injuries also occurring.

While standards in automobile bumpers are made to withstand damage at five miles per hour, the human body does not withstand damage at this speed (or any speed for that matter). When a vehicle doesn't absorb the force of the crash, the occupant of the vehicle does, leading to many forms of neck, back and spinal injuries. Often times, injuries incurred during an auto accident cannot be seen externally, such as soft tissue injuries (injuries to muscles, ligaments and discs) and can heal with scar tissue which can ache years later – yet the damage to the spine can lead to recurring headaches, neck pain, stiffness, chronic muscle tension and spasms, lower back pain, spinal disc degeneration, inflamed arthritis, sore and tight inflexible muscles, greater chance of repeat injury and aid in poor posture.

Delays in the onset of pain are also common. Joint injuries in auto accidents may cause post-traumatic osteoarthritis, which is a speeding up of the arthritis process and develops at an earlier age than in people who have not had traumas relating to automobile accidents.

Visiting a chiropractor after an auto accident injury is a step in the right direction towards diagnosing problems arising from car accidents. They can determine how much damage your body has sustained and recommend treatment necessary for a full recovery.