

Accidents, Injuries, and Your Health

When we think of accidental injuries, violent trauma such as car accidents come to mind. However, starting with your first big trauma, birth, your body is subject to a long series of accidents. No matter how lucky you are, nobody goes through life without quite a few.

Any trauma to your spine can disturb the normal position and motion of the vertebrae. Muscles, ligaments, and discs attached to the spine are also affected. In turn, neural messages going from the brain to other parts of the body "mis-fire," interfering with your body's ability to heal and function normally. These problems may go undetected for years, silently destroying your natural good health.

Fortunately, most accidents are too minor to require hospitalization. After some initial pain, a little stiffness or a few bruises, all is forgotten. Or perhaps not. All too frequently, lifelong health problems begin as a spill, whiplash, or bump that was dismissed as minor at the time. Even when there are no broken bones or bleeding, spinal damage may be present.

One of the most common injuries from auto accidents, whiplash, happens when impact throws the head violently in one direction, then muscles react to "whip" it back in the opposite direction. The spine, usually in the neck, can suffer mild to severe injury. The initial symptoms of whiplash may be a sore or stiff neck, perhaps along with a headache within a few hours of the accident.

Medical doctors are trained to treat life-threatening emergencies, they are not, however, trained to recognize hidden spinal damage. Only chiropractic physicians are trained to do this. So many people, when they leave the emergency room, leave with a hidden health problem that will only grow worse over time. That is why it's so important to have a spinal checkup whenever you have suffered an accident or a fall. No matter how minor the accident, spinal damage should be ruled out to protect your long-term health.

Give your body its best chance to heal completely by seeking the chiropractic care necessary to restore spinal and neural health. Call us to arrange your appointment.