

WHAT TO DO AFTER AN ACCIDENT

SEE A DOCTOR RIGHT AWAY

After an accident, you should see a doctor if you feel **ANY** level of pain or discomfort. Since spinal trauma often kicks in months after an accident, it's best to be evaluated even if you feel okay. Your chiropractor is the best person to find serious spinal injuries. They will give you advice on how to monitor symptoms of potential injuries.

If you are making an injury claim after an accident, you need to be able to document that you sought medical treatment **within a reasonable period of time (30 days)**. Don't wait too long or your insurance company may argue that your symptoms were not related to the accident.

We hope you never experience a car accident, but if you do, we got your back. Please drive safely!

DO'S

- ✓ move your car to a safe location out of harm's way.
- ✓ call for medical help right away if someone is injured.
- ✓ report the accident to your insurance company **ASAP**.
- ✓ exchange information with the other parties involved.
- ✓ call 911. The police officer will gather the facts.

DON'TS

- ✗ panic. remain calm and call for help immediately.
- ✗ leave the accident scene.
- ✗ admit fault or blame anyone.
- ✗ forget to take pictures of the scene (car, intersection)
- ✗ agree to a settlement until you get legal advice.

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HOT OR COLD?

To understand whether to apply heat or cold, keep in mind the age of your injury. Injuries can be acute/new, or chronic/old.

ACUTE/NEW INJURIES - WHIPLASH - SPINAL TRAUMA

The first 7-10 days are the acute stage of an injury. During this time, the body suffers from inflammation and a swelling of the damaged tissues, so **cold** is recommended.

CHRONIC OR OLD INJURIES

Discomfort in the shoulders, back, and neck that have been problematic for weeks or months do better with **heat**. Using heat will increase circulation and blood flow, softening the muscles and sedating the over-sensitive nerves.

COLD

- decreases circulation
- fatigues muscles so they can relax
- numbs the nerves

HEAT

- increases circulation
- softens the muscles
- calms the nerves

DRIVER INFORMATION

(Get this from the other party)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE # _____

DRIVER'S LICENSE # _____

MAKE _____ MODEL _____ YEAR _____

INSURANCE COMPANY _____

INSURANCE CONTACT # _____

POLICY # _____

ACCIDENT INFORMATION

ADDRESS/INTERSECTION _____

DATE & TIME _____

PASSENGERS IN VEHICLE

1. _____

2. _____

3. _____

4. _____

WITNESS NAME _____

WITNESS PHONE # _____

If you are feeling any pain after an accident, please don't hesitate to schedule an appointment.

EVC

**EAST VALLEY
CHIROPRACTIC**

14050 Pilot Knob Road #120
Apple Valley, MN 55124

Call us to schedule your
no-obligation consultation.

952-423-5050
www.eastvalleychiro.com