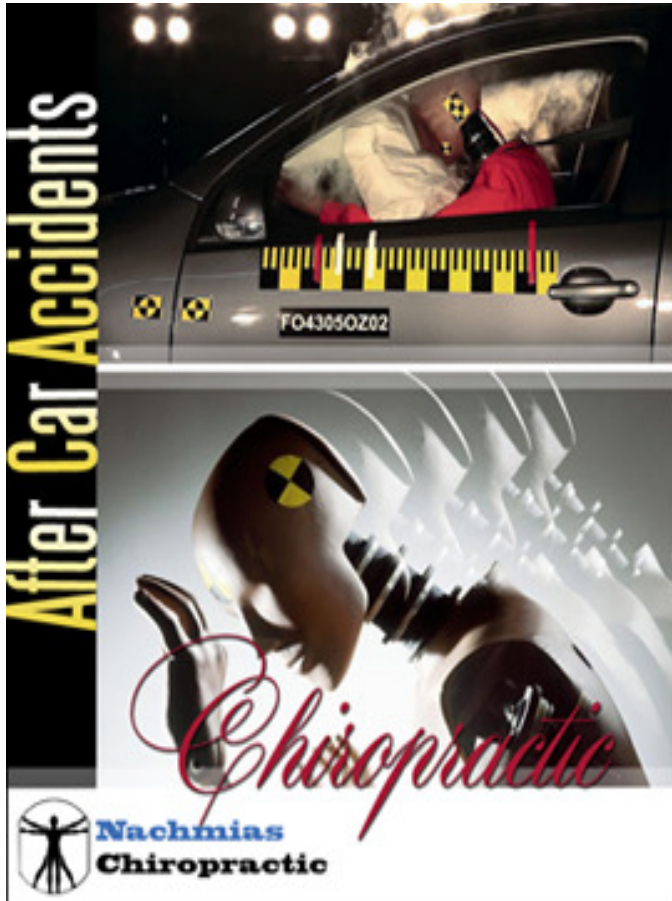


Why You Should Visit a Chiropractor Immediately after a Car Accident



If you or someone you know been involved in a motor vehicle collision / car accident, it's important to consult a chiropractor as soon as possible. A chiropractor can treat possible neck injuries / whiplash, back injuries, soft tissue injuries, and loosen stiff muscles after a car accident.

One of the most common injuries from a vehicle collision is the damaging effect of whiplash. Whiplash occurs when a sudden, jarring movement of the head is sustained backward, forward or even to the side.

Whiplash was discovered to occur in sudden changes of speed of only 2.5 miles per hour, with minor back injuries also occurring.

Whiplash destabilizes the spine and causes severe pain as well as these other indicators:

- Blurred vision
- Neck pain
- Headaches
- Dizziness
- Shoulder pain
- Reduced range of motion in the neck
- Arm pain
- Neck stiffness
- Low back pain

Since chiropractors specialize in the care of bones, muscles, nerves and connective tissue, they are crucial to visit after any accident. All those major parts of the body are important to keep in optimal health and correct alignment, so they can function properly and all body systems can operate seamlessly. If whiplash goes untreated it can induce long-term chronic pain.

The seriousness of the physical effects of a vehicle collision / car accident is not always known or felt immediately. It can take days, weeks or even months for major symptoms to show up, which is why chiropractic care is essential to maintaining the health of a spine that has been through a trauma.

Joint injuries in car accidents may also cause post-traumatic osteoarthritis, which means that the arthritis process is speeding up and develops at an earlier age than in people who have not had traumas relating to car accidents
(Source: lifetimefitness.com & finechiropractic.com).

To summarize, your first action after you or someone you know have experienced a car accident is to visit Dr. Adam Nachmias at Nachmias Chiropractic. With Dr Adam Nachmias's 25 years of practice he has extensive knowledge and experience to treat any symptom after an accident.

Call any of our offices to book an appointment:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

Welcome to find pain relief and get back to optimal health at Nachmias Chiropractic!