



*Symmetry*

Chiropractic

A different approach

## “....But There’s no Damage to my Car!”

After recently attending a *Whiplash and Spinal Trauma Seminar* in January, I have been on a mission to educate the public about the effects of low speed impact accidents. We have all heard someone say it before: “But there’s no damage to my car, I can’t possibly be hurt!” Unfortunately, quite the opposite is true.

When you are involved in a minor automobile accident, there can be major negative effects on your health! Even at speeds as low as 1.5mph, the body can sustain serious, long term injuries if they are not treated immediately. According to the *Journal of the American Medical Association*, the head snaps back with the equivalent of several tons of force in a typical whiplash mechanism at 10mph. Research published in the *The Journal of Trauma, Injury, Infection and Critical Care* has shown that neck injury risk is highest in rear impact accidents, yet injury is also sustained by side and frontal impacts. The *Traffic Injury Prevention* journal notes that if you are female, you are 1.4 to 3 times more likely to suffer from neck injuries at low-severity impact, and have 3.1 times higher risk for long-term neck injury/impairment in rear impacts compared to males.

The *Journal of Forensic and Legal Medicine* notes that large studies on whiplash patients show that 15–20% develop persistent complaints including headache, vertigo, instability, nausea, tinnitus, and hearing loss. *Some of these symptoms may not show up for weeks or even months after the accident.*

Following a motor vehicle collision, 15% to 40% of patients with acute neck pain develop chronic neck pain according to the October 2007 issue of the *Journal of the American Academy of Orthopedic Surgeons*. In addition, the article noted that *those who experience acute neck pain immediately following the motor vehicle collision are three times more likely to report chronic neck pain 7 years later than are patients involved in a vehicle collision who had no acute neck pain*, and patients not involved in a prior vehicle collision. Large studies show that initially, 55% of whiplash patients report low back pain and this pain remains chronic in 30% to 42% of patients at 6 months.

Too many people who have been in a traumatic automobile accident do not receive Chiropractic care. Insurance companies realize the many advantages of Chiropractic care. Treatment at Symmetry Chiropractic is generally covered in-full by auto insurance policies that include med-pay, whether you were the driver, a passenger, or a pedestrian, and regardless of who is at fault. Symmetry’s friendly and efficient customer service team will assist you in dealing with insurance paper work and filling a medical claim with the insurance company.

Anyone who has been in a traumatic automobile accident, even if there are no obvious symptoms, should have a Chiropractic examination. The damage from spinal nerve stress may take months, or even years to surface. A simple Chiropractic exam and proper treatment can save you from experiencing much pain and disability later. If you or a loved one has been involved in an auto accident, no matter how “minor,” please call **510.769.0125** to schedule an examination today!

Please visit our website: [www.SymmetryChiropractic.com](http://www.SymmetryChiropractic.com)

**You Fixed Your Car**



**Now Fix Your Spine!**

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