

PERSONAL  
INJURY

# Chiropractic & Auto Accidents

Dr. Alex Jimenez

# Personal Injury Chiropractic & Auto Accidents



"As an individual who's been involved in an unexpected car accident, whether there's a clear presence of injury and symptoms or not, one of the first priorities should be to seek immediate medical treatment. The second concern includes ensuring those medical bills are paid accordingly. If the individual decides to seek chiropractic care for their injuries, choosing the right personal injury chiropractor can make a huge difference in the outcome of a claim. This can be very important, after all, the money spent on any type of medical treatment to ultimately heal those injuries is your money, and therefore, it must be used wisely."

# Personal Injury Chiropractor & Car Accidents

Chiropractic care is an effective, alternative treatment option for a variety of injuries or conditions surrounding the spine and its many structures and it can be used to relieve symptoms induced by whiplash as well as treat injuries to the extremities. When an individual has suffered an injury as a result of an automobile accident, a personal injury chiropractor can positively influence the proper progress of their rehabilitation, helping the individual obtain the fair compensation they need and deserve for their auto injuries. An experienced and well-trained personal injury chiropractor can provide quality treatment as well as support patients throughout their injury claim procedures. There are many qualified providers in the El Paso, Texas area, however, several important factors should be individually considered before choosing a personal injury chiropractor to make sure you're choosing the most appropriate healthcare provider for your specific type of injuries and claims.



## Selecting a Personal Injury Chiropractor

# Personal Injury Chiropractor & Car Accidents

Foremost, when seeking medical care from a specialized chiropractor after suffering an auto injury, it's crucial to verify whether the professional has had previous experience with automobile accident and personal injury claims. It may also be important if the personal injury chiropractor the individual has considered getting treatment from has attended post graduate training in accident injury evaluation and treatment which can guarantee a much more effective diagnosis and care from them. An added extra to consider is whether the healthcare provider can do depositions and testify in court. If the situation comes up, it may be a difficult situation if the doctor one chooses is not willing to help in this step of the legal process.

Also, you can do some research or directly ask the chiropractor if they've testified in court or previously given depositions for their patients before. Learn the names of several personal injury attorneys the doctor has worked with and call them in reference to their relationship with said healthcare professional you've chosen to receive treatment from. A detailed review of the chiropractor's services can often greatly help an individual select the most appropriate provider according to their demands. Likewise, be mindful of doctors who point you to a personal injury attorney who is found in a distant location. If your attorney is 180 miles away, maintaining contact and knowledge of local providers, defense attorneys and courts can widely differ from what a local attorney may provide you with.

# Personal Injury Chiropractor & Car Accidents

## Multiple Attorney Affiliation

When learning the names of attorneys who've worked with your chiropractor, did you notice if they worked closely with multiple attorneys? Some of the best chiropractors are able to maintain a list of attorneys they know can deliver quality results to their patients in car accident and personal injury cases. A doctor that has connections with more than one attorney offers a wider variety of experienced personal injury claim professionals to choose from, whom can then better accommodate you to solve your specific case after an automobile accident.

## Proper Medical Protocols and Care

While it's common knowledge to receive the initial intake and examination of an individual's injuries before starting any form of treatment with a healthcare professional, many personal injury chiropractors follow a specific protocol for cases involving car accident claims, mainly involving detailed intake information on the mechanism of injury, biomechanics and past medical history. A chiropractor who provides a multipage auto accident injury questionnaire filled with meaningful questions is best in order to be able to provide the most appropriate and most detailed information regarding your situation to follow through with proper treatment. A detailed intake examination can often be a bit time consuming but a chiropractor who provides this in depth questionnaire displays a positive interest in your case, ensuring that they have taken the time to know what happened to you and how it directly affected you. A doctor who has been patient enough to hear your story can have an adverse impact than those who do not and simply treat the individual, no questions asked.

# Personal Injury Chiropractor & Car Accidents



## Chiropractors & Other Services

After seeking a diagnosis from a chiropractor to follow through with treatment, the individual should take note if the chiropractor can provide an X-ray. Not all chiropractors take X-rays but many of the best can refer patients who need these services to state of the arts centers with well-trained radiologist who specialize in providing X-rays. If your healthcare provider does take x-rays, they should be able to show you the results and properly describe and demonstrate the areas of damage or injury. The X-rays should be clear enough for the individual to be able to understand their own injuries when explained by their personal injury chiropractor. In case of serious spinal damage, a proper chiropractor should refer you out for special studies.

The chiropractor you choose should work with other specialists to provide a full range of treatments to speed up your recovery process.

# Personal Injury Chiropractor & Car Accidents

## Treatment Plans

Make sure your chiropractor doesn't offer treatment plan contracts. Proper treatment protocol requires re-evaluations regularly and adjustment of treatment accordingly. If you are asked to sign a contract for a specific treatment plan, read through the provided paperwork carefully and if the offer doesn't best accommodate your needs, find another doctor who won't offer a treatment plan contract.

## Know your Body

Once you've begun treatment with a personal injury chiropractor considering the above information, you should also be constantly aware whether you're receiving the proper care throughout your determined rehabilitation treatment plan. Plenty of time and patience is often required to eliminate symptoms of pain and discomfort resulting from many types of auto injuries, but if after the regular re-evaluations and several treatment adjustments, you continue to experience ongoing pain again and again, don't continue treatment unless you have been referred to a specialist for further testing. Severe pain or numbness in the arms or legs or severe headaches, among other more serious symptoms that don't improve after a prolonged period of time may be signaling the need for another healthcare professional. Good chiropractors should not hesitate to refer you to someone outside their specialty area.

Most importantly, don't continue treatment with a doctor who doesn't talk to you. Every visit should include a minimum of two minutes with the chiropractor to discuss your current symptoms and progress. Many doctors keep record of the rehabilitation process in chart notes. Always make sure you agree with the results written down in the chart notes and with what the doctor is saying about your health in terms of the improvement. As a valuable patient, you need to be aware of your improvements as well and the doctor of your choice should be able to provide you with that information regularly.

# Personal Injury Chiropractor & Car Accidents

Along with being aware of the progress of your treatment, you can also request to see your bills and this step can be very important once you've chosen a personal injury chiropractor as it can help ensure that the doctor is truly concerned about your overall wellness. In addition, make sure your personal injury protection coverage doesn't run out before you've completed treatment to avoid unnecessary bills past your target budget, after all, if you need outside referral having something left in your PIP account is essential. Often the patient can still have significant symptoms from their automobile injuries but have no more money for further treatment and may end up owing a balance to the chiropractor.

Your choice of the proper treating physicians can make a big difference in the outcome of your case, both the quality of your health and the recovery for your damages. Following the above recommendations and researching plenty can ultimately help an individual make the right decision when choosing the best, most appropriate personal injury chiropractor to treat their injuries or condition resulting from an undesired automobile accident. Fortunately, many qualified personal injury chiropractors can be found around your local area, willing to take the time for your case to help you heal accordingly.

# The True Physical Effects of a Car Accident

## The True Physical Effects of a Car Accident



"When involved in a car accident, the individual's concern will almost always focus on the state of their car first. Although the damage to a vehicle may definitely be something to worry about, these can often be fully repaired or completely replaced as though the automobile accident never occurred. However, many individuals frequently ignore the importance of one fragile and irreplaceable component which may also be injured during an auto accident, the human body."

## Seeking Health Care for Injuries

A majority of people choose to ignore their symptoms after the car accident, hoping these will resolve on their own over time. Occasionally, the damage or injury from the incident may be so mild, the pains and aches may actually resolve on their own over a period of time, but when the discomfort begins to worsen, it's time for them to seek immediate medical attention to properly determine the source of their symptoms and develop a proper treatment plan for each individual.

# The True Physical Effects of a Car Accident

The sooner the individual receives a proper diagnosis and follows up with treatment, the sooner they will be able to return to their regular lifestyles without experiencing aches and pains as well as reduce the risk of future complications.

After visiting a healthcare provider due to symptoms from a car accident, the individual will have their injuries examined, documented and filed. Common automobile injuries such as whiplash, can present symptoms immediately after the accident, but sometimes, the symptoms can begin days, weeks and even months after the incident. Whiplash is a neck injury which occurs when the head moves abruptly back-and-forth due to the force of an impact, stretching and occasionally tearing the complex structures surrounding the cervical spine. Common whiplash symptoms can include; pain in the neck, arm, back and shoulders which is usually accompanied by headaches and muscle spasms as well as neck stiffness or tenderness, difficulty focusing and dizziness. Other symptoms include nerve injury along with a pins and needles sensation.

Once a healthcare professional has determined the cause of the symptoms and the severity of the damage, a treatment plan fit according to the individual's needs for recovery may be recommended as well as further testing using MRI's or CT scans. After the initial diagnosis, the individual may also be referred to other healthcare providers as needed, including chiropractors, physical therapists, massage therapists, neurologists and even acupuncturists.

It's essential to receive medical attention after experiencing symptoms, no matter how mild these might be, in order to overrule any other, much more serious complications resulting from the car accident. If you've been injured during an automobile accident, make sure you seek the proper care you need to become healthy once more.

## Chiropractic Treatment for Car Accident Injuries

# The True Physical Effects of a Car Accident

Chiropractic care is a common, alternative treatment option for a variety of injuries or conditions, including whiplash and other automobile injuries. Chiropractic treatment focuses on carefully restoring the original health of the spine through the use of spinal adjustments and manual manipulations, helping to gradually re-align the spine and decrease the pressure on the surrounding muscles, ultimately eliminating symptoms of pain and discomfort caused during a car crash.

Our chiropractic clinic has treated many people with whiplash and other auto accident injuries. When your injuries have started making your everyday activities difficult, it's important to instantly find a diagnosis and begin treatment as soon as possible to restore your normal lifestyles and provide you with the relief you deserve.



## Treating Life-threatening Auto Injuries

# 5 Things You Need to Do After a Car Accident

"After an individual has been involved in a car accident, it's absolutely essential for the driver and any passengers to determine if they suffered any life-threatening injuries from the incident. Various types of injuries can result from a car crash but, while most are clearly visible and can present obvious symptoms, there are other types of injuries which may not be noticeable immediately. These often include concussions and brain injuries. Brain hemorrhage is another type of severe injury which may be difficult to detect after an individual has experienced an automobile accident. The majority of the time, these type of injuries go unnoticed due to the fact that the only symptom many victims experience are headaches. Therefore, it's not always safe to assume the individual was left unharmed from an auto accident simply because there were no visible wounds or injuries. It's crucial to seek immediate medical attention following a traumatic accident to properly diagnose any possible injuries or aggravated conditions which may have developed from the unexpected car accident."

## Post Car Accident Safety

All too frequently, many car accident victims may be at risk of experiencing further injury as a result of not being alert of their surroundings. A sudden auto collision can cause confusion and disorientation, leaving those involved feeling unaware of the events happening around them. In this state, it is easy for another car accident to occur. Further injury can take place from carelessly walking around the scene of the accident or during the unfortunate case where another vehicle crashes into the existing accident scene. Alternatively, it's a safer practice to remain inside the automobile until help has arrived and it is safe to exit, at least as long as there's not an immediate threat like a fire which will require the individual to exit the vehicle. If the individual feels lightheaded or they've suffered visible wounds or injuries from the car crash, it is safer to stay seated and still in the car. Furthermore, exiting a crashed car quickly could lead to fainting due to shock.

## Seeking the Right Doctor for Care

# 5 Things You Need to Do After a Car Accident

Not all healthcare professionals are trained to diagnose and treat injuries sustained during an auto accident. Certain injuries can require distinct medical specialties. If an individual suffered a bone fracture, for example, an orthopedist or orthopedic surgeon can be the best option for treatment. In the case of a concussion, the expertise of a neurologist who specializes in brain trauma is often the preferred choice. If the individual experienced **whiplash**, or other soft tissue injuries, it's commonly recommended to visit a chiropractor, who specialized in post car accident soft tissue injury and rehabilitation. Occasionally, healing from a car crash can require time and patience. Brain injuries and soft tissue injuries may cause chronic pain and symptoms for months and even years after the incident. It's very important to seek immediate medical care after experiencing damage or injury from an auto collision in order to begin the healing process as soon as possible. The more an individual delays treatment for their injuries, the more challenging it can be for the body to heal itself naturally.

## Legal Action for a Personal Injury Case

Essentially, healing completely after a car accident may require plenty of time, work and patience, and not just in the medical aspect, if the individual wishes to restore their original lifestyles prior to the accident. Foremost, the individual must ensure that everything from the accident has been physically and financially covered for it to not affect them in the future. Proper legal counseling can help avoid unnecessary complications from the case as well as other issues one may experience when dealing with the insurance companies and medical billing. It is frequently rare for cases with car damage bodily injuries to get resolved immediately without any problems. It's best to seek counseling from experienced personal injury legal professionals that have dealt with these type of cases and have your best interest first.

## Future Precautions from Other Auto Accidents

# 5 Things You Need to Do After a Car Accident

Although a car accident can be a sudden and unexpected event, certain precautionary measures can be taken to avoid other car accidents in the future. Avoid distracted driving by eating or cell phone conversations and texting. Even if the accident was not caused by you, try driving more alert and be cautious of your surroundings. The individual can take time to learn from their accident. It's preferred to be a defensive driver and make it home safely than driving distracted and suffering an automobile accident and facing all the complications that follow.

For more information, please feel free to ask Dr. Jimenez or contact us at 915-850-0900 .



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By Dr. Alex Jimenez

Dr. **Alex Jimenez** is a chiropractor at Injury Medical Clinic that offers a variety of treatments, including spinal adjustments, to care for numerous injuries and conditions focused on the spine, offering several appropriate treatments for an individual's needs and preferences.

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# 5 Things You Need to Do After a Car Accident



Dr Alexander Jimenez

Chiropractor / Clinical Author / Researcher & Chief Clinician @ PUSH-as-Rx ®™  
915-850-0900

My name is Dr.Alex Jimenez D.C.,C.C.S.T, a clinical pain doctor who uses cutting-edge therapies and functional rehabilitation procedures focused on total health, strength training and complete conditioning. We specialize in restoring normal body functions after neck, back, spinal and soft tissue injuries. We take a global physiological treatment approach in order to regain total functional health.

We also use Advanced Chiropractic Techniques, Specialized Diet Plans, Agility Training, Cross-Fit and the PUSH-Rx Rehabilitation System to treat patients suffering from various injuries and health problems.

We have been blessed to perfect our methods with thousand of El Pasoans over the last 26 years. This has allowed us to create fitness and better functional bodies through the researched methods and total programs offered. These programs are natural, and use the body's own ability to achieve goals of improvement, rather than introducing harmful chemicals, controversial hormone replacement, surgery, or addictive drugs. We want you to live a life that is fulfilled with more energy, positive attitude, better sleep, less pain, proper body weight and educated on how to maintain this way of life.

As an extension to dynamic rehabilitation, we also offer our patients and athletes a diverse portfolio of strength equipment, high performance exercises and advanced agility options. We are very proud to have teamed up with the cities premier therapist and trainers in order to provide high level competitive athletes the option to push themselves to their highest abilities within our facility.

# 5 Things You Need to Do After a Car Accident

Remember, you are in control of your life. Take control, learn how improve your health for yourself and your loved ones.

With a bit of work, we can achieve optimal health together.

Its all about: LIVING, LOVING & MATTERING!

God Bless

Injury Medical & Chiropractic Clinic

6440 Gateway East Ste.B  
El Paso, Texas 79905

Office / Clinic: 915-850-0900

Text / Doctor: 915-540-8444\*

[Clinical Site Web Page Click Here](#)

[Dr. Alex Jimenez D.C.C.S.T Call 915-850-0900](#)

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