

## Do you have hidden injuries?

“Yikes. I had a ‘close call’ just yesterday...”

Many of us have been involved in car accidents or an ‘almost collision’ where we stopped suddenly even though there was no impact. Stopping suddenly can cause damage to our spines almost as much as an accident.

“Who knew?”

When your car throws you about, your body is placed under abnormal stress. Your muscles and joints are overstretched, some are compressed, and some can be twisted.

New evidence shows that seat belts can increase the chance of neck injury. This does not mean that they should not be used as they *do* save lives, but they also tend to increase injury to the cervical spine (neck).

Many people are told by their physician or emergency room doctor that they are fine. They are often prescribed pain pills and are told to rest until they feel better. These people often develop neck and low back pain problems a few years later because they did not receive proper rehabilitation for their injuries.

Within five years after an untreated accident, the following issues are very common:

- Headaches
- Jaw tension
- Neck and shoulder tension
- Carpal tunnel symptoms
- Low back pain
- Pain between the shoulders
- Sleep issues
- Brain fog
- Weight gain if the thyroid is affected.

Don't ignore these symptoms. Find out if repairing your spine will help you feel better! Call our office for an appointment. You will be glad you did!