

Why Should You See a Chiropractor After a Personal Injury?

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A personal injury can be life-altering in many ways, causing bodily harm, emotional distress, pain, and suffering to a person. Whether or not symptoms and pain are present, it is always advisable to visit a chiropractor within the soonest time possible. For fast and accurate assessment of your injuries, the chiropractor can address it and prevent it from worsening or becoming chronic.

Who is a Chiropractor?

A chiropractor is a trained health care professional, who is specially trained in the use of complementary and alternative medicine, to diagnose and treat neuromuscular disorders, with an emphasis on manual spinal alignments. They can help treat conditions that arise from a personal injury and alleviate these pains:

- Neck and back pain
- Pelvic pain
- Leg and hip pain
- Arm and shoulder pain
- Headaches

Benefits of Chiropractic Care After a Personal Injury

- **Pain Relief and Reduction Without Drugs**

Pain relief medications can be highly addictive, and people can become quite dependent on them over time. Pain medications only mask and relieve pain, not heal the injury. ***Spinal manipulation through chiropractic naturally releases pain-reducing hormones that help alleviate pain, while also promoting the healing of the actual injury-naturally.***

- **Non-Invasive Treatment**

Getting immediate chiropractic treatment after an injury can greatly lower the risk of undergoing surgery to correct the problem, which can be very costly. ***A simple, non-invasive chiropractic adjustment can greatly prevent an injury from worsening or causing other serious complications, reduce pain, and also promote healing.***

- **Range of Motion Restoration**

An accident can cause the vertebrae to misalign, have a limited range of motion, and cause conditions like headaches, back pain, tunnel, and carpal. Inflammation that results after a back or neck injury slows down the healing process by hindering the flow of nutrients and blood. Therefore, after an accident, it is important to visit a chiropractor who will help align your spine and enable your joints to move freely, restoring your proper range of motion and making it possible for you to go about your normal daily activities. It also hastens the healing process.

- **Reduced Inflammation**

Invisible injuries in the form of micro-tears in the muscles and ligaments cause serious stiffness and soreness, but such are never caught by the x-rays.

Chiropractors use a spinal manipulation technique that targets the damaged area and helps the body to release anti-inflammatory substances to lower the pain in the body. This makes the injury heal faster while also helping you feel better faster.

- **Reduces Body Pain While Offering Long-term Benefits**

The spinal adjustments a Chiropractic gives you after an accident not only targets the affected area but also helps relieve pain in the entire body. The hormone released from spinal manipulations relieves pain in the injured tissue, as well as the entire body, making you feel good all over. ***The spinal manipulation helps heal minor injuries that most people would ignore, but end up becoming painful and chronic in the long term.***

Contact Advanced Health Chiropractic Today!

Chiropractic helps heal injuries, visible or not, while also preventing any future complications that might arise from it. It is also a less invasive and inexpensive form of treating personal injuries compared to the use of traditional medical treatment. In case of

a personal injury, it is advisable to visit well-trained chiropractic as early as possible, as their services benefit your faster healing process.