



Dr. Shawn A. Schmidt

ACCIDENTS, INJURIES & CHIROPRACTIC

Much of the physical damage and suffering resulting from accident and injuries could, in many cases, be avoided or mitigated with chiropractic care. Because trauma causes vertebral subluxation complexes in the body, a serious condition that distorts your structure, irritates nerves, bones, ligaments, discs and can damage your overall health. Any accident, no matter how mild can create nerve-damaging vertebral subluxations. Millions of people leave emergency rooms unaware that they are carrying around hidden spinal distortions that may cause severe health problems at a later date.

It is for that reason that if you have ever been in an accident or fall, no matter how minor, you need a chiropractic spinal checkup to ensure that your spine is free from these heal-destroying abnormalities. Only a chiropractor is trained to analyze your spine for the vertebral subluxation complex.

Is chiropractic care helpful in serious accidents? Absolutely! But in such situations it is necessary to first attend to any life-threatening emergency such as bleeding or hemorrhage, inability to breath, internal organ damage, broken bones, serious contusions or abrasions, shock and the like. This is the specialty of the medical profession – dealing with trauma.

Although the surgeon may set the broken bones together the pieces do not automatically heal. Torn flesh may be sewn together with stitches the skin does not automatically mend. It is not stitches or medicines or artificial devices that heal. It is our innate healing ability that will turn the fragments of skin into the seamless surface it was prior to the injury.

It is the goal of all doctors to remove any interference to the normal expression of life and create an environment that nurtures healing. Doctors do not do true healing, it is performed by the wisdom of our miraculous bodies. Healing is indeed one of nature's miracles. In a serious accident the communication lines between the brain and the rest of the body can be seriously interrupted by vertical subluxations. Too often however, many people who have been in an accident never



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receive chiropractic care and never truly recover from their injuries. Nerve pressure within their spine continues to cause damage and interfere with their body's health and healing.

Long-term damage to the spine and head is especially common in auto accidents and most victims of automobile injuries do not fully recover without chiropractic care. Residual problems may linger for months, years or decades after an accident. Neuro-musculoskeletal problems, commonly called "pinched" nerves, muscle spasms in the neck, shoulders, arm, wrists, hands, legs, back, face or head, or radiating pain to other parts of the body may linger for months, years or decades. Other post-accident problems may include insomnia, mental dullness, nervousness, anxiety, depression, constipation, diarrhea, headache, hearing and vision problems or reduced mobility.

It is not uncommon for serious health conditions to develop after an accident due to trauma creating severe vertebral subluxations, weakening the body's immune system and its ability to respond to environmental stress.

Even after the best medical care accident victims often continue to suffer from pain, weakness and disability. Such victims may continue to take painkillers, muscle relaxants, various therapies or repeated surgery for years after the trauma. It is an unfortunate but based on medical statistics over half of the victims of auto accidents never fully recover under medical (including orthopedic) care. These people need to know that in many cases chiropractic care may totally eliminate or greatly reduce their problems safely, quickly and without drugs or surgery.

Scar tissue takes a long time to heal and it may take months or years of spinal adjustments before your spine is strong again. The earlier you begin chiropractic care the better; the longer you wait, the more scar tissue builds up.

Though your symptoms may disappear after a few spinal adjustments, the spinal degeneration will usually remain. Chiropractic has much more to offer than reducing or eliminating pain; it may promote a healthier body, with less stress, more energy and greater resistance to disease. Why be content to be merely pain free when you can also ensure better health, vitality, and strength for your entire life?



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For those of you who have already experienced the difference that chiropractic can make if you have been involved in a personal injury, make sure that you continue to seek chiropractic care on a regular basis to ensure that your level of total health is always the best that it can be! Call this office and make an appointment for a routine checkup today.