

Special Report

Survival Guide:

**The 8 Most Important
Things You Need To Know
When Involved In An
Automobile Accident**

by Khaled S. El-Ganainy, D.C.

Understanding what to do when you are involved in an automobile accident and what types of injuries can occur may save you time, money, and long-term medical care.

First and foremost is a prompt physical exam. After being treated by emergency medical personnel, you should have an immediate chiropractic spinal evaluation to determine any injuries that often go undetected by routine emergency medical examinations.

In fact, often, people do not notice any symptoms of neck, back, arm or leg injuries for days or weeks after the accident.

The longer you wait to get examined, the longer it can take to restore your health and prevent lengthy and costly care.

Knowing who to call and what to do in the few minutes after an accident, may protect you and your loved ones.

Accident Guide

Keep this accident guide in your glove compartment for easy access.

1. Move all involved vehicles off busy roads.
2. Use extra care in moving injured passengers.
3. Exchange names, addresses, phone numbers and insurance company information with all involved parties.
4. Make notes of how the accident happened, while it is fresh in your mind. Put down as many details as you can.
5. Call the police.
6. Call your insurance company.
7. You may choose any automobile repair shop that you want—*regardless of what an adjuster may tell you.*
8. You may choose the doctor of your choice and you may *consult* with a doctor of chiropractic, if you choose.

Whiplash-Common Auto Injury

Whiplash injuries result when the head is jerked back and forth beyond it's normal limits.

The muscles and ligaments supporting the spine and head become stretched and can be torn.

The vertebra in the spine are moved out of alignment causing nerve stress, pressure and irritation.

Whiplash injuries including mild cases, are more than just a "*pain in the neck.*" The impact of a whiplash injury may damage the "*soft tissue*" muscles, ligaments, cartilage, disc and nerve tissue in the neck and back, which is not necessarily seen on x-rays.

Symptoms of whiplash can be: headaches, stiffness, neck pain, arm pain, numbness of hands, back pain, nausea and dizziness.

Immediate Symptoms:

A severe whiplash injury can usually be detected immediately . This injury causes damage to the ligaments and muscles of the neck and back. These torn tissues can no longer hold the spine in alignment. Nerves then can become irritated causing discomfort and/or pain.

Delayed Symptoms:

In many cases, however, whiplash injuries can take hours, days, weeks, or even months before the symptoms appear.

Almost every person involved in an automobile accident suffers from some degree of whiplash injury. Whiplash is a very treatable injury and responds best with chiropractic care.

The seriousness of the damage done to the automobile has little to do with the degree of damage done to the passengers. Passengers usually suffer more than the automobile.

Dr. El-Ganainy has treated hundreds of whiplash injuries and has spent most of his post graduate studies on spinal trauma and whiplash injuries.

If you have suffered an injury in an automobile accident, you should see a chiropractor-*even if you are being treated by emergency medical personnel or your family physician.*

Injuries which are undetected and go untreated can become permanent with degeneration of the spine. This prolongs the discomfort and pain.

Dr. El-Ganainy will conduct a comprehensive consultation, a complete and thorough orthopedic, neurologic, chiropractic examination and take appropriate x-rays.

The results of your tests will be fully explained to you before any care is provided.

Before you endure constant headaches, neck pain, depend on addictive pain medications or submit to surgery-*consult with Dr. El-Ganainy for a second opinion.*

**For Emergency Care and Appointments
Call 810-715-7746**

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