Lithia Springs Car Accident Chiropractor Releases Blog Post on the Best Treatment for Whiplash

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Lithia Springs, Georgia - June 22, 2020 -
Arrowhead Clinic in Lithia Springs, Georgia has announced that they have recently published a blog post on the best treatment options for whiplash. This is an injury of the soft tissues of the neck that results from the head suddenly moving backward and forward with substantial force. Aside from car accidents, whiplash may also occur as a result of physical abuse, horseback riding, slips and falls, cycling accidents, contact sports, and blows to the head. The symptoms of whiplash are often delayed and may only appear a few days after the accident or injury. However, it is advisable to see a chiropractor as soon as possible after the accident, even before the symptoms appear.

Dr. Calvin Erhabor, a chiropractor at the Lithia Springs Arrowhead Clinic, says, ?Whiplash is one of the most common injuries people sustain when involved in a car accident in Lithia Springs. It's also an injury that most people don't even realize they have and don't seek treatment until the pain becomes unbearable. By that time, you may have already developed complications related to the injury. That's why you should seek out medical attention after any car accident you're involved in. It's vital to get the treatment you need for whiplash as soon as possible to keep your injury from turning into a chronic issue.?

The purpose of whiplash treatment is to control the pain and restore the person?s normal range of motion as early as possible. The chiropractor has the experience and knowledge on specifying the treatment plan for a particular individual, based on the severity of the injury. Treatment options for whiplash include exercise, physical therapy, and chiropractic care.

The chiropractor may suggest mobility and stretching exercises to help in restoring the range of motion in the neck. These include neck rotations, rolling the shoulders, putting the chin on the chest, and tilting the head from side to side. It is recommended to apply moist heat to the painful area or take a warm shower before starting the exercises. McKenzie exercises may also be suggested by the chiropractor to reduce the disc derangement that resulted from the whiplash. While the first set of exercises is usually done at the chiropractor?s office, the patient may continue doing them at home afterward.

Physical therapy is another treatment option and the physical therapist will guide the patient on the exercises that can be used to strengthen the muscles, restore the patient?s normal movement, and improve posture. The amount of physical therapy will depend on the severity of the injury and the particular individual.

And finally, chiropractic care is one of the excellent treatment options for whiplash. Using a number of varying techniques, the chiropractor can help in alleviating the pain and stimulating healing in the areas that have been affected by whiplash. The chiropractor will typically use spinal manipulation to gently move the affected joint towards the restricted area to encourage healing and allow better mobility. Calm and gentle stretches applied to the affected muscles will also help in relieving the built-up tension. These stretches are usually combined with finger pressure methods on certain pressure points to alleviate the pain.

Dr. Calvin Erhabor also wants residents of Lithia Springs to know that they do not only offer treatment services for those who have car or truck accident injuries, but they may also be able to help those who are suffering from neck and back injuries, sports injuries, slip and fall injuries, and work injuries.

For instance, they have been specializing in workers? comp injuries for almost 40 years. They have been providing non-surgical chiropractic treatment to people who have been injured during work, all over Georgia and South Carolina. They suggest that workers seek medical treatment as soon as possible to ensure that the employer will not question whether or not the injury is truly work-related.

People who are interested in seeing a car accident injury chiropractor in Lithia Springs, Georgia and neighboring areas may want to check out the Arrowhead Clinic - Lithia Springs website, or contact on the telephone or through email. They are open from 9:00 am to 7:00 pm, from Monday to Friday.
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For more information about Arrowhead Clinic - Lithia Springs, contact the company here:Arrowhead Clinic - Lithia SpringsDr. Kristian Rainge-Campbell(770) 501-7716info@arrowheadclinics.com351 Thornton Rd Suite 119, Lithia Springs, GA 30122

Arrowhead Clinic - Lithia Springs

Arrowhead Clinic has been around for over 48 years providing Lithia Springs residents with the highest quality auto accident injury Chiropractic Care. Arrowhead Chiropractic care is safe and natural so your body is restored back to its optimal health.

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