



Decatur Car Accident Chiropractor Shares Tips On Recovering After A Car Accident

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Decatur, Georgia based Arrowhead Clinic is reaching out to the community to share tips on how they may speed up their recovery following a car accident.

While car accidents are among the most common causes of injury, very few patients have learned the right strategies and tips they need to help improve healing after the crash. The physical trauma of a car accident can cause severe injuries that prevent normal daily activities, and these injuries can take weeks or even months to recover. Some injuries may linger for years, depending on the severity of the accident.

"If you feel bruised and hurt after a car accident, it is important that you listen to your body and allow yourself time to heal before returning to vigorous activities," says Dr. Roy Vogel of Arrowhead Clinic. He states, "By getting involved in rigorous activities soon after a car accident, you are only worsening your chances of fully recovering from your injuries. Resting and paying close attention to how your body reacts to your everyday activities is the best way to prevent harming your body further. If you are not careful, even the most minor injuries can take a turn for the worse and change your life."

Dr. Vogel also advises the community to visit a chiropractor after a car accident. This is the only way to determine the true extent of a person's injuries, as even minor collisions can have significant repercussions on a person's health. With a diagnosis in hand and the source of a patient's affliction pinpointed, a chiropractor can recommend therapy and other treatment techniques aimed to help the patient recover from their injuries. Learn more at the following link: [Chiropractor After Car Accident](#).

"Resting and laying low for a while may not be enough to cure your affliction," says Dr. Vogel. He adds, "You should also try a light activity, such as physical therapy if recommended by your doctor. Performing light exercise and mobility work will help improve your muscle and joint function after an injury. It can also allow your body to heal faster and more completely."

During such therapies, it is of the utmost importance that patients listen to the chiropractor's recommendations and advice. Dr. Vogel explains, "It is important that you look for a chiropractor and follow their recommendations thoroughly. You might not want to rest, and it could be challenging to follow up with doctor's appointments or go to physical therapy, but it will be worth it. After all, it is the most optimal way for a fast and substantial recovery even if, at first, it may come across as overwhelming." Learn more here: [Car Accident Injury Chiropractor Near Me](#).

The Arrowhead Clinic specializes in treating car accident injuries. They have helped Decatur residents recover from their injuries for over 40 years, earning a distinguished reputation among locals as one of the best clinics in the area. The clinic combines the outstanding skills of their chiropractors with a custom-tailored approach to medicine, carefully evaluating each of their patients' afflictions and lifestyles to determine the best treatment for their situation.

The Arrowhead Clinic also treats various other injuries, including those caused by Slip and Falls, Work Injuries, Neck Pain, Back Pain, among several others. The clinic has 17 locations across Georgia, guaranteeing that car accident victims can always find a reliable chiropractor to turn to regardless of where they reside within the state. Some of their locations include Riverdale, Athens, Savannah, Brunswick, McDonough, and Decatur. All of these clinics offer free consultations, enabling patients to get an upfront quote and preliminary diagnosis of their affliction for future treatment.

Dr. Keating states, "We open our doors to the community and welcome them to a facility where we will take care of them. We promise we will get to the bottom of your affliction and guarantee that it will not negatively affect your life in the future."

The clinic's website offers more details on the Arrowhead Clinic and its services. Interested parties may reach

out to Dr. Robbyn Keating to follow up on any inquiries as well.

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For more information about Arrowhead Clinic Chiropractor Decatur, contact the company here: Arrowhead Clinic Chiropractor Decatur Dr Edward Lewis, DC (404) 998-4522 info@arrowheadclinics.com 2375 Wesley Chapel Rd # 13, Decatur, GA 30035

Arrowhead Clinic Chiropractor Decatur

Arrowhead Clinic has been providing Decatur residents expert chiropractic service for auto accident injuries for over 48 years, consistently reducing pain and helping to restore health and overall quality of life for their patients.

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