Savannah Car Accident Chiropractor Warns of Rising Car Accident Risk During Holidays, Shares Tips To Avoid

December 04, 2020

Savannah, Georgia - December 04, 2020 -
Arrowhead Clinic in Savannah has published a new blog post entitled ?Avoid Car Accidents Over The Holidays In Savannah.? Urging caution during the ?most dangerous times to drive on the roads in Savannah,? Savannah car accident chiropractor Dr. Rachel Banks warns how poor weather and an influx of traffic could make roads dangerous during the holidays. The pandemic, says the chiropractor, has added to the difficulty, as an increasing number of people are taking to the roads than flying over the holidays.

?Holiday driving is dangerous because there is always an increase in accidents and fatalities. Everyone is trying to do so much in so little time, leading to increased stress and decreased patience. When you're behind the wheel, that's not a good combination. The current pandemic is only compounding the problem because stress levels were at an all-time high for many Americans before the holiday season even rolled around. This is sure to increase the number of accidents during the holidays,? warns Dr. Banks.

The Savannah chiropractor cites the National Center for Biotechnology Information in stating that risky driving behavior has become more likely during the pandemic, adding, ?Take those risky behaviors into the holiday

season, and you have a recipe for disaster.? The Department of Transportation has already reported 750 drunk driving fatalities in December, and the holidays are a time when people like to indulge in alcohol. Do not drink and drive, warns the chiropractor, adding that combining drinking with driving is unsafe, risky, and deadly. They suggest using a designated driver or Uber instead.

The chiropractor suggests a sense of responsibility behind the wheel to avoid the dangers that can threaten everyone?s security, adding ?small family gatherings can still tempt a typically careful driver to get behind the wheel while impaired.?

Savannah does not get a lot of ice and snow, says Dr. Banks, but even the slightest change in season with high winds, black ice, hailstorm, and snow can add to the challenges of driving during the holidays. Additionally, fatigue, stress, and tensions are running high due to the pandemic, and driving could be a risky proposition.

Keeping an eye on the weather before stepping out of homes can save people from a lot of difficulties on the road during the holidays. Speeding is another major cause of car accidents, warns the Arrowhead Clinic chiropractor, advising, ?Give yourself plenty of time to get where you're going because rushing leads to speeding, and speeding leads to accidents.?

When everyone checks their vehicle before stepping out, it ensures that the vehicle is ready for the weather.

People also need to be sure that their vehicles are ready for the weather. An emergency kit in the car can come in handy while traveling.

Avoid distractions such as mobile phones while driving during the holidays, cautions the Savannah chiropractor, adding ?text messaging and other uses of your cell phone are especially problematic over the holidays.?

Dr. Banks cites the national highway traffic safety administration statistics that claim that ?this can increase crash risks by up to 23 times.?

Holidays can add to fatigue and stress, and research shows that driving tired is a dangerous activity. People should not miss even a couple of hours of sleep as it is ?equivalent to having a BAC above the legal limit.?

The chiropractor has a piece of advice for those planning to take longer trips during holidays. ?If you're taking longer trips or driving home after a full day of activities, get plenty of rest beforehand or take plenty of breaks while you drive. You could also make plans to stay the night somewhere else to ensure you?re well-rested for the drive back, or travel with a spouse or a friend so you can take turns driving.?

Driving can be dangerous, and it?s an act of responsibility, irrespective of the time of year because ?You put yourself at risk every time you get behind the wheel,? says the Savannah chiropractor. It becomes even more dangerous during the holiday season. Dr. Banks urges caution and to drive defensively without drinking, feeling tired, or distracted in order to avoid a motor vehicle accident. A little extra planning and focused driving are as important as social distancing this season to prevent a road accident, advises the Arrowhead Clinic chiropractor. Those who end up in a car accident might need the help of a Savannah car accident chiropractor to get back to normal.

The chiropractors at Arrowhead Clinic are experts in treating car accident victims. The clinic offers a range of professional healing services in Savannah. Those who seek medical help from a chiropractor in Savannah can set up a free consultation with Arrowhead Clinic.

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For more information about Arrowhead Clinic Chiropractor Savannah, contact the company here:Arrowhead Clinic Chiropractor SavannahDr. Maria Bourjolly(912) 378-1371info@arrowheadclinics.com7205 Hodgson Memorial Dr, Savannah, GA 31406


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optimal health. customer Personalized Care and Attention to Every Detail You are a unique person! We believe your treatments should be wholly unique to you as well. At our Savannah clinic, we offer customized care solutions for your specific needs. rehabilitation Comprehensive Rehabilitation We provide each of our patients with a comprehensive rehabilitation program that addresses your complete musculoskeletal system and nervous system. Our goal is to help you achieve abundant health. These programs will help get you on the right path. chiropractic care Elite Treatment Solutions Our Savannah Clinic is excited to offer the most up-to-date chiropractic treatment methods and scientifically-based equipment to exceed your expectations. Some of these methods include computer-guided Spinal Decompression, Active Release Therapy, Electro Muscle Stimulation, Functional Movement Screening, and Fascial Distortion Model. goal A Long-Term Perspective We want you to take a long-term view of your health. While our chiropractors and medical team can get you out of pain quickly our ultimate goal is for you to live an abundant life. We want you to be able to pick up your grandchildren, play sports, do yard work and garden your entire life! That is what this is all about and we want you to be apart of it! Frequently Asked Questions What Should You Expect During Your First Visit At Our Savannah Chiropractic Clinic? What Conditions do Chiropractors Treat at your Clinic? What is Corrective Chiropractic Care and How Does It Help Injury Victims? What is the Popping Sound You Hear During a Chiropractic Adjustment? How can chiropractors at Arrowhead Clinic in Savannah help you? How Much Does it Cost to See a Chiropractor? Where is your Savannah chiropractic clinic located? What Areas Does Your Savannah Chiropractic Clinic Serve? Patient Testimonials doctor (1) 17 Clinic Locations Person-Icon.png 65000 Patients Treated Awards-Icon.png 41 Years of Service like 99 Patient Satisfaction Local Savannah News & Chiropractic Information May 12, 2020 How Weightlifters Benefit From Chiropractic Care Whether you are a professional bodybuilder gearing up for Mr. Universe, or just enjoy weight lifting, the health of your spine is essential. That's why weightlifting and chiropractic care go hand... Read More May 5, 2020 Boost Your Immunity The Natural Way Even the healthiest of us get sick every now and then. But by fine-tuning certain aspects of your health routine and your daily life, such as diet and exercise, you can help support your immune... Read More April 28, 2020 How Chiropractic Care Has Been Shown to Improve Blood Circulation How Chiropractic Care Helps Blood Flow Do you suffer from cold feet and hands? Cooler temperatures lead to cold hands and feet, however for others, cold and tingling extremities may be a year-round... Read More Schedule a Free Consultation Our chiropractic wellness team is always ready to help you. best Chiropractor near me Mon-Fri 9.00am - 7.00pm (912) 353-7246 info@arrowheadclinics.com Free Consultation Form Name Phone Email How Did You Hear About Us? Current SituationHelp us understand your situation How else we can assist you? Comments Our Clinic Has Been Featured On Arrowhead Clinic Chiropractors Near Me For over 40 years Arrowhead Clinic has been the trusted leader in chiropractic care for car accident injuries and pain conditions. We have 17 clinics throughout Georgia, South Carolina, and Florida that provide world-class treatment for patients. Resources HomeAboutServicesLocationsFree ConsultationPrivacy Policy Blog Articles How Weightlifters Benefit From Chiropractic Care May 12, 2020 Boost Your Immunity The Natural Way May 5, 2020 Copyrights © 2020 All Rights Reserved by Arrowhead Clinics >",

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    "text": "Our Savannah Chiropractors and Medical Doctors treat the following pain and injury conditions: Achilles Tendinitis Ankle Sprains Auto Accident Injuries Carpal Tunnel Syndrome Frozen Shoulder/Adhesive Capsulitis Golfer's / Tennis Elbow Hamstring Pulls/Strains Hip Flexor/Psoas Tendinitis Hip Pain Iliotibial Band Syndrome Knee Sprains Low Back Pain Neck Pain Patellar Tendinitis Plantar Fasciitis Rotator Cuff Strains Sciatica Shin Splints TMJ Tension Headaches/Migraines Whiplash",
    "dateCreated": "2020-06-10T09:09:00-04:00",
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"name": "Chiropractor Savannah, GA | Savannah Chiropractic | Arrowhead Clinic",
"mentions": [
"https://en.wikipedia.org/wiki/Manual_therapy",
"https://en.wikipedia.org/wiki/Chiropractic#Vertebral_subluxation",
"https://en.wikipedia.org/wiki/Traffic_collision",
"https://en.wikipedia.org/wiki/Chiropractic_treatment_techniques",
"https://en.wikipedia.org/wiki/Spinal_adjustment",
"https://en.wikipedia.org/wiki/Back_pain",
"https://en.wikipedia.org/wiki/Savannah,_Georgia",
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Arrowhead Clinic Chiropractor Savannah

For over 48 years, Arrowhead Clinic has provided Savannah, Georgia with premier Chiropractic Care for those suffering from Back Pain, Neck Pain, Whiplash, Sciatica, and Auto Accident Injuries.

Website: https://www.arrowheadclinic.com/chiropractor/georgia/savannah

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