

# Atlanta Personal Injury Law Firm Offers Tips on How To Prove Pain and Suffering After A Car Accident

*December 11, 2020*

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The Brown Firm, based in Atlanta, Georgia, has published a blog entitled, "How Do I Prove My Pain And Suffering After A Car Accident." In the blogpost, the Car Accident Lawyers in Atlanta law firm shares advice on how to get justice in an auto accident. The blogpost explains that an injury in a car accident due to someone else's negligence makes them liable to pay for the victim's pain and suffering.

Harry Brown Jr., DC, JD, from The Brown Firm, notes that once the victim proves the defendant's fault in the accident and their injuries, the next vital point to establish is the financial losses suffered. This evidence is essential for victims to be compensated for the damages and injuries to start rebuilding their lives. Medical bills and receipts are proof of the medical cost incurred after the accident, but the damages for injuries are not limited to financial expenditure and property damage. A victim experiences pain and suffering in a car accident and after the incident, which they can be compensated for.

"You must be able to prove pain and suffering and be able to justify it to an adjuster. Putting a dollar amount on pain and suffering can be complicated, which is why having an experienced Atlanta Car Accident Lawyer helps. An experienced auto accident attorney can calculate pain and suffering and prove it beyond a shadow of a doubt," adds Harry Brown.

After a car accident, a victim experiences two types of pain and suffering categorized as general damages: physical pain and suffering, and second: mental distress that accompanies injuries.

The blog post states, "There is no set formula or foolproof way to value general damages" because there are different types of injuries that require various healing time. Additionally, severe injuries could make it challenging for a victim to attend work, amounting to lost work hours. In the worst-case scenario, some traumatic brain injuries never return to normal.

A soft tissue injury like whiplash, explains the personal injury attorney, is less obvious, adding, "Damage to muscles, ligaments, tendons, and your other soft tissues won't show up in an x-ray, so there is less conclusive evidence that an injury has occurred. But most of us have experienced an injury like this, whether it was a sprained ankle or wrist, so we know that the pain is genuine and can be severe."

To win the pain and suffering claim, a victim must prove how the injuries have affected their lifestyle and emotional well-being and interfered with life. A victim should include future pain and suffering resulting from the injury in their damages claim.

Harry Brown advises, "If you aren't able to make a complete recovery in a reasonable amount of time, and you expect to face ongoing issues with your injuries, including issues with your mental health, you will be justified in asking for a larger amount of pain and suffering. No matter what you ask for in pain and suffering damages in your injury case, you will have to convince the adjuster or judge and jury of the negative effect the injuries have had on your quality of life."

Atlanta's personal injury attorney knows how to convince the adjuster to accept the victim's demand for damages, listing the reasons with logical facts and evidence to justify the pain and suffering claim. This list will help the victim in settlement negotiations. It is here that a copy of relevant medical records is needed to back up the claims. The blog post lists several reasons to back up a victim's claim.

A victim also needs witness statements. The personal injury attorney suggests the victim's family to keep a written record of what the victim has had to deal with after the auto accident. This may include helping the victim with meals, childcare, yard work, housework, pet care, and transportation.

Brown gives a detailed list of what the victim can include in a journal about how the accident has impacted their quality of life.

The auto accident has more advice for victims, "Make sure to take enough time to think about what you have lost or will lose and how you have suffered and will suffer because of the injury. You only have one chance to win your settlement, so don't hold anything back. The better you can convince the adjuster of the depth of your pain and suffering; the higher your final settlement will be. If you were severely injured and needed to focus on your physical recovery, or if you just aren't comfortable dealing with the insurance company, you should speak to a personal injury attorney about the value of your pain and suffering."

Emphasizing on the need to see a doctor for injuries caused in an accident, the Atlanta personal injury attorney says that unless a victim has medical records to prove the damages, the insurance company assumes that there were no injuries.

The blog post notes, "You will have a higher value placed on your injuries if you seek medical attention, and there is medical corroboration of your injury. Your insurance company will review your medical records. When they see that you took the time to visit the doctor soon after your accident, it will add some evidence of the validity of your injury."

Your insurance company will also assume that an injury that requires a lengthy recovery time will cause more pain and suffering than injuries with a short recovery time. These assumptions will affect how your insurance adjuster will value your injury claim. If you choose not to receive medical attention after your accident, you probably won't have much value attached to your injury by your insurance company. Even if you are in pain and have suffered injuries, if you don't seek medical attention or seek it fast enough, your insurance company could assume the injuries aren't that bad or were caused by something other than your accident. They will need more evidence than that."

<https://www.pressadvantage.com/story/37291-the-brown-firm-reveals-in-new-blog-post-when-it-is-too-late-to-get-an-atlanta-car-accident-lawyer>

The Brown Firm car accident lawyers work tirelessly to maximize pain and suffering settlement of victims so the latter can focus on physical recovery. An experienced personal injury attorney from the law firm reviews the case in detail to help the victim get the best compensation for their pain and suffering. Connect with personal injury attorneys at The Brown Firm in Atlanta for a free consultation at (404) 522-8480.

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obvious to most people. They are a direct result of something impacting skin or muscle and damaging the tissue. But a soft tissue injury like whiplash is much less obvious. Damage to muscles, ligaments, tendons, and your other soft tissues won't show up in an x-ray, so there is less conclusive evidence that an injury has occurred. But most of us have experienced an injury like this, whether it was a sprained ankle or wrist, so we know that the pain is very real and can be severe.

**PROVING YOUR PAIN AND SUFFERING AFTER A CAR ACCIDENT** To win your pain and suffering claim, you first have to prove pain and suffering. Pain and suffering will vary from case to case, so you have to think about how your injuries have affected your lifestyle and emotional well-being. You also have to think about how your pain and suffering will interfere with your life. Your current pain and suffering are what you will endure from the time of your injury until your medical treatments are completed. It has an endpoint, and its duration can be measured. Future pain and suffering is what you will endure after your treatments have ended into the foreseeable future. It isn't possible to know when it will end. If you can make a complete recovery from your injuries, and you don't expect to have any lingering issues, you can ask for one or two times the amount of your economic damages. If you aren't able to make a complete recovery in a reasonable amount of time, and you expect to face ongoing issues with your injuries, including issues with your mental health, you will be justified in asking for a larger amount of pain and suffering. No matter what you ask for in pain and suffering damages in your injury case, you will have to convince the adjuster or judge and jury of the negative effect the injuries have had on your quality of life.

**EVIDENCE IS IMPORTANT FOR YOUR CLAIM** Before deciding what to ask for your pain and suffering damages, you need to figure out how you will convince the adjuster to accept your demand. Your personal injury attorney will be experienced in this and will know what to do. First, you will list the reasons why your pain and suffering demand is justified. You will use this list later in settlement negotiations. Your argument has to be logical, based on facts, and supported by evidence to prove pain and suffering. Medical records will be crucial in backing up your claims for pain and suffering and emotional distress. Make sure you tell your doctors how your injuries have been affecting your daily activities. Along with the list you've already made, you should include a copy of your relevant medical records. These records can include: Your doctor restricting you from lifting more than 10 pounds. This leaves you unable to care for your small child. You can't sleep, but when you do, you have nightmares. Your doctor prescribes you sleeping pills. You can't drive for two weeks, so you are forced to rely on others to take your children to school. You see a counselor to treat the depression caused by the long and painful recovery from your injuries. Photographs of your injuries throughout your treatments will paint a clear picture of your pain and suffering. Pictures of you in your mangled car, in a hospital bed, and during rehabilitation will be very compelling. You also need witness statements. It is possible to prove pain and suffering. In the same way you can ask someone who saw your accident to provide a witness statement, you can ask the people closest to you, like your family, friends, and neighbors, to write down what you have had to deal with since your car accident. They may write about how they've helped you with: Meals Yardwork Housework Childcare Pet care Transportation. The people you're closest to can detail what you haven't been able to do for yourself after your injury, but you will have to describe how it's made you feel. It's a good idea to keep a journal with detailed notes about how the accident has impacted your quality of life and happiness. Be as descriptive as you can when you explain: Daily pain

levels  
Needing help with personal hygiene or toileting  
Not being able to work, cook, or perform other typical tasks  
Fear of not making a complete recovery  
Missing important holidays or other special occasions  
Sadness or depression stemming from your accident and injuries

To get the settlement you deserve, you have to put your pain and suffering into words that are easy to understand and persuasive to the adjuster. Make sure to take enough time to think about what you have lost or will lose and how you have suffered and will suffer because of the injury. You only have one chance to win your settlement, so don't hold anything back. The better you can convince the adjuster of the depth of your pain and suffering, the higher your final settlement will be. If you were severely injured and need to focus on your physical recovery, or if you just aren't comfortable dealing with the insurance company, you should speak to a personal injury attorney about the value of your pain and suffering. Good personal injury lawyers offer free consultations, so it won't cost you anything to find out what a good attorney can do for you.

**HOW DO INSURANCE COMPANIES EVALUATE PAIN AND SUFFERING?**

Before you try to convince your insurance company of your pain and suffering damages, you should understand that insurance companies begin their analysis with a critical assumption: if you never seek medical attention, you probably weren't hurt. There are exceptions to every rule, sure, but if you don't seek medical attention for injuries after your accident, you won't be able to receive pain and suffering damages. Injuries that result in a greater amount of medical treatment will result in more pain and suffering than injuries that need minimal medical treatment or none at all. Your insurance company will also assume that an injury that requires a lengthy recovery time will cause more pain and suffering than injuries with a short recovery time. These assumptions will affect how your insurance adjuster will value your injury claim. If you choose not to receive medical attention after your accident, you probably won't have much value attached to your injury by your insurance company. Even if you are in pain and have suffered injuries, if you don't seek medical attention or seek it fast enough, your insurance company could assume the injuries aren't that bad or were caused by something other than your accident. Your insurance companies will have to take you at your word that you are injured, and your injuries were due to the car accident. They will need more evidence than that. You will have a higher value placed on your injuries if you seek medical attention and there is medical corroboration of your injury. If you've suffered a soft tissue injury that isn't immediately obvious and you seek medical treatment for the injury, your doctor will listen to the description of your symptoms and conduct a physical exam. After your exam, your doctor will note the findings from your physical examination in your medical records and that you visited their office and complained of pain or discomfort in certain areas of your body soon after your car accident. Your insurance company will review your medical records, and when they see that you took the time to visit the doctor soon after your accident, it will add some evidence of the validity of your injury. If you weren't really in pain, you wouldn't have gone to all that effort to relieve the pain. This also applies to lost wages from work. There's a good chance that you only get paid if you show up to work, so if you took off work because of your car accident, it would support your claim that you have experienced pain and suffering after your accident.

**SPEAK TO AN EXPERIENCED PERSONAL INJURY ATTORNEY**

When you visit The Brown Firm, they will review every detail in your case to give you the best possible advice and guidance related to your case. The Brown Firm has helped countless pain and suffering victims, and they are ready to help you with yours. The Brown Firm Car Accident Lawyers will help you by working

tirelessly on your case so you can focus on your physical recovery while they handle your pain and suffering. Calculating pain and suffering isn't an easy task, and you shouldn't do it on your own. Let The Brown Firm help you with your personal injury claim so they can maximize your pain and suffering settlement. Give The Brown Firm a call today or click the button below for a free consultation with an experienced attorney so they can get you the compensation you deserve.",

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## The Brown Firm

*The Brown Firm in Atlanta, Georgia represents those who have been injured because of the negligence of others. We understand that, even though we are a law firm, we are also in the customer service business.*

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