Rob Rob Levine & Associates Personal Injury Lawyers Publishes Article That May Help Victims Of Road Accidents

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MA-based personal injury law firm Rob Levine and Associates has published an article that may help accident victims. The article specifically focuses on tips for dealing with Traumatic Brain Injury (TBI).

TBI is a disruption in the normal function of the brain that can be caused by a blow, bump or jolt to the head, the head suddenly and violently hitting an object, or when an object pierces the skull and enters brain tissue. Its physical symptoms include headache, nausea or vomiting, fatigue or drowsiness, problems with speech, and dizziness or loss of balance. Its sensory symptoms include blurred vision, ringing in the ears, a bad taste in the mouth or changes in the ability to smell, and a sensitivity to light or sound. Its cognitive, behavioral, or mental symptoms include loss of consciousness for a few seconds to a few minutes, no loss of consciousness, but a state of being dazed, confused, or disoriented, memory or concentration problems, mood changes or mood swings, feeling depressed or anxious, difficulty sleeping and sleeping more than usual.

Many accident survivors of car wrecks suffer from TBI. The article published by the firm details tips that can

help with a speedy recovery from TBI as well as exercises that can be done to minimize its impact on daily functions. The most important precaution to take is to seek urgent medical attention after the accident. It is the first step in starting the healing process. A doctor?s diagnosis will be essential in figuring out the extent of the damage and subsequently the extent of the required treatment. It is important to trust a doctor?s advice as they can put the person on the fastest road to recovery.

The article then mentions lifestyle changes that can help one deal with the aftermath of TBI. The patient should get plenty of sleep at night and should rest during the day. They should slowly increase their level of activity over time. If they are having difficulties with memory, they should try writing things down. Alcohol, drugs, and caffeine should be strictly avoided as they can exacerbate the symptoms of TBI. Instead, a patient?s diet should include brain-healthy foods such as fish, dark chocolate, berries, nuts, and avocados. One should stay hydrated by drinking a lot of water. They should also avoid physically and mentally demanding activities. The patient should avoid spending too much time looking at screens. They should stay in touch with their doctor and tell them about any new or worsening side effects.

While the above steps can help in taking care of the short-term effects of TBI, the article also suggests long-term rehabilitation therapies for lasting effects. Long-term rehabilitation will help people deal with the physical, cognitive, sensational, communicative, and emotional difficulties that arise with TBI. The article reminds readers that the recovery process can be daunting because of the time and effort required. However, sticking to a strict diet and rehabilitation regimen is the only way to increase the chances of recovery from what can be a very debilitating illness in the best of conditions.

Physical therapy can help people to regain strength, balance, flexibility, and stamina. Occupational therapy can be used to teach people again how to perform daily tasks such as getting dressed. Speech therapy helps people improve communication skills in various ways, whether it be focused on word form or the use of special communication devices. Psychological counseling can help people learn coping skills and nurture interpersonal relationships post-injury. Vocational counseling aids those reentering the workforce by finding opportunities and solutions for workplace challenges. Cognitive therapy helps to improve memory, attention, perception, learning, planning, and judgment.

A spokesperson for the law firm supplements the message of the article by saying, ?Life can feel unfair when one is dealing with the repercussions of someone else?s mistakes. If you or a loved one has been in an accident and is suffering from TBI, contact Rob Levine & Associates Personal Injury Lawyers immediately for the best counsel for your case.?

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Rob Levine & Associates Personal Injury Lawyers

Providence, RI based Rob Levine & Associates Personal Injury Lawyers have been representing injury victims in Rhode Island for over 18 years. Rob Levine & Associates are a well loved part of the community with initiatives that benefit disadvantaged kids.

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