Advanced Injury Care Clinic in Nashville Explains Common Causes of Whiplash Injuries

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NASHVILLE, TN - March 04, 2022 -
Advanced Injury Care Clinic has posted a new blog post that explains the common causes of whiplash injuries. The leading provider of chiropractic care in Nashville, Tennessee, boasts a team of expert accident treatment doctors. Its Nashville whiplash chiropractors specialize in non-invasive accident injury treatment.

The blog post explains that whiplash symptoms may take time to appear, suggesting that accident victims should observe any physical changes for a few days following a traumatic accident. Advanced Injury Care Clinic advises victims of accidents to seek medical help immediately to detect any hidden injuries that can cause long-term pain and discomfort.

Whiplash is a neck injury caused by an abrupt jerking motion of the head into a hyperextended position as the seat pushes the person's torso forward and the unrestrained head and neck fall backward. The blog post explains that the head and neck recover following this and are thrown into a hyperflexed position, causing an abnormal S-shape in the cervical spine after the impact. This damages soft tissues. Besides car accidents, whiplash injuries can also occur from bungee jumping, horseback riding, physical abuse, rollercoaster riding, cycling accidents, slip and falls, and sports injuries.

The blog post also lists common whiplash injury symptoms, including neck pain, shoulder pain, back pain, shoulder pain, muscle spasms, headache, neck stiffness, migraine, anxiety, fatigue, and a limited range of motion. Emphasizing the need for timely treatment, the Nashville whiplash treatment clinic explains that whiplash injuries can have long-term complications, adding that recovery time may range from a few days to several weeks to years.

After an in-depth physical exam and a review of the patient?s medical history, the accident injury treatment chiropractor can customize whiplash treatment. The best treatment for whiplash is spinal manipulation that involves short thrusts or slower movements to gently move the affected joint toward the restricted area. Muscle relaxation and muscle stimulation are other popular treatment options to relieve tension using gentle stretches to the affected muscles. The blog post adds McKenzie exercises to the list of popular whiplash treatment options that are meant to reduce disc derangement caused by whiplash.

Top chiropractors in Nashville perform these exercises and also train patients to perform the stretches at home to be in greater control of the healing process. The blog post advises accident victims to seek immediate medical help for whiplash treatment if they are dealing with chronic pain after a car crash.

Advanced Injury Care Clinic has a team of skilled chiropractors that are always ready to help patients recover from various accident injuries. AICC offers free consultations to help accident victims get started on the road to recovery.

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For more information about Advanced Injury Care Clinic, contact the company here:Advanced Injury Care ClinicDr. Dar'Neshia Roberts(615) 777-0624info@advancedinjurycareclinic.com2700 Gallatin Pike D, Nashville, TN 37216

Advanced Injury Care Clinic

Our Nashville Chiropractors are the experts when it comes to the physical and financial recovery process after an auto accident has caused a patient to become injured. The people of Tennessee have been trusting our medical team for over a decade.

Website: https://www.advancedinjurycareclinic.com/

Email: info@advancedinjurycareclinic.com

Phone: (615) 777-0624