What Not to Do After Whiplash: Essential Tips by Arrowhead Clinic

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Savannah, Georgia - July 23, 2024 -
Arrowhead Clinic is sharing important tips on managing whiplash injuries in their latest post, "What Not to Do After Whiplash by Arrowhead Clinic." These guidelines are meant for people who have recently been in accidents, giving practical steps to follow and pointing out common mistakes to avoid for a better recovery.

Whiplash often happens after car accidents or sudden movements that jerk the neck violently. The blog post explains why it's important to get medical help right away, even if you don't feel symptoms immediately. If left untreated, whiplash can cause chronic pain and other long-term health problems. The post offers several tips for effective whiplash treatment and explains what people should avoid during their recovery.

"Immediate and proper treatment of whiplash is critical," said Dr. Laurie Plasiance, Chiropractor at Arrowhead Clinic. "Our goal is to make sure patients are informed and prepared so they don't make common mistakes that could make their injuries worse."

The first tip in the post is to seek medical help right away. Ignoring a whiplash injury because symptoms aren't present can lead to complications that seriously affect your health. Early medical care can reduce the

severity of long-term symptoms.

Arrowhead Clinic also stresses the importance of at-home treatments like ice and heat therapy. These methods can provide quick relief and manage swelling in the early stages after an accident. However, the clinic notes that these treatments should not replace professional medical care but can be used while waiting for a chiropractic appointment.

Another key point is the importance of documenting the accident thoroughly. Keeping detailed notes, pictures, and a symptom log is necessary for both medical and legal reasons. Good documentation helps healthcare providers create an effective treatment plan and supports personal injury claims.

The blog also advises against making mistakes with insurance companies. It warns against admitting fault or giving recorded statements without first talking to a personal injury attorney. This helps protect your rights and ensures your claims are handled properly. Arrowhead Clinic can connect patients with experienced personal injury lawyers, which is a valuable part of their offered services.

Additionally, the clinic discusses the complexity of personal injury claims involving whiplash. Seeking help from a personal injury attorney ensures that all legal aspects are handled professionally, avoiding potential pitfalls that could affect compensation claims.

The blog also emphasizes the need to avoid gaps in chiropractic care. Regular visits to a licensed chiropractor ensure comprehensive treatment and significantly improve recovery outcomes. Treatments like massage therapy, spinal manipulation, and electronic nerve stimulation are mentioned as effective techniques used at Arrowhead Clinic.

"Our focus is always on holistic recovery, and chiropractic care plays a key role in that process," Dr. Plasiance explained. "We aim to provide the best treatments to address all aspects of a whiplash injury."

Whiplash treatment at Arrowhead Clinic includes thorough physical exams, digital X-rays, and MRIs to find the root cause of the injury. After diagnosis, a personalized treatment plan is made for each patient to ensure all individual needs are met for a smooth recovery.

Besides the recently published blog post, Arrowhead Clinic offers a wide range of services for different injuries, such as neck pain, back pain, and sports injuries. They also have comprehensive rehabilitation programs that address the entire musculoskeletal and nervous systems, aiming to restore complete health.

For more detailed advice on handling whiplash injuries, check out the previous blog post by Arrowhead Clinic. It includes a variety of insights into effectively managing such injuries.

With over 40 years of experience in treating musculoskeletal injuries, Arrowhead Clinic is a trusted provider in the Savannah area. They offer same-day appointments and welcome walk-ins, making it easier for patients to get help even on weekends. Their commitment to comprehensive care and patient well-being is clear in their thorough treatment approach and the support services they offer, such as help with insurance claims and legal referrals.

For more information about their services, visit Arrowhead Clinic's website. The information provided not only guides patients through immediate steps for recovery but also highlights the long-term benefits of following professional advice closely.

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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.

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