



## **True Works Chiropractic Offers Chiropractic Care for Car Accident Injuries in Arlington, TX**

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True Works Chiropractic offers chiropractic care for car accident injuries in Arlington, TX to individuals who develop symptoms after motor vehicle collisions. The clinic, directed by Dr. Michael Moss, performs thorough evaluations that include listening to the patient's accident history and current symptoms before developing individualized treatment plans. Common symptoms include neck stiffness, back pain, headaches, shoulder or knee soreness, and sensations such as numbness or tingling that may appear hours or days after the incident.

Even minor collisions can result in soft tissue injuries or shifts in spinal alignment that affect daily function. Many people feel little discomfort immediately due to adrenaline and shock, only to notice stiffness or pain later. At True Works Chiropractic, care for car accident injuries incorporates chiropractic adjustments to help correct spinal alignment and restore proper movement in the joints. Gentle exercise and other therapies are included as appropriate, with plans tailored to how the body responds.

The clinic applies a patient-centered approach that looks beyond immediate symptoms to support mobility and comfort. Functional x-ray analysis is used where indicated to identify structural factors and guide precision adjustments based on individual spinal structure. Dietary and exercise advice may be provided when relevant to the patient's overall goals and physical condition. Outcomes from such care vary depending on the specifics of the injury, individual response, and other personal factors.

Research on chiropractic management of whiplash-associated disorders provides a baseline of evidence. A 1996 retrospective study published in the journal *Injury* examined 28 patients with chronic whiplash syndrome and reported that 26 showed improvement following chiropractic treatment. The authors noted the encouraging results and recommended a prospective randomized controlled trial for further comparison with conventional care. A 2010 systematic review of chiropractic management for adults with whiplash-associated disorders concluded that there is a baseline of evidence suggesting improvements in cervical range of motion.

Dr. Michael Moss serves as the lead chiropractor at True Works Chiropractic. Originally from Pittsburgh, Pennsylvania, he developed an interest in health sciences influenced by his grandfather, a respected physician known for dedicated patient care. Dr. Moss earned a bachelor's degree in biology and completed his doctorate in chiropractic at Life University in Atlanta, Georgia.

During his chiropractic education, Dr. Moss gained perspective on the profession through personal health challenges. He had managed persistent digestive issues and recurrent strep throat, with medications providing only temporary relief as symptoms returned. After receiving corrective chiropractic care, he personally observed resolution of ongoing symptoms and no longer required medication. This experience contributed to his emphasis on addressing root causes through careful analysis and precision care.

True Works Chiropractic focuses on spinal alignment, joint function, and muscle balance in its handling of car accident injuries. Chiropractic adjustments form a primary component aimed at reducing discomfort and supporting movement after impact. The clinic addresses whiplash through corrections intended to relieve neck stiffness and associated headaches. Low back pain protocols involve realignment and muscle support. Shoulder, knee, or extremity discomfort receives evaluation within the context of overall structural balance.

Patient education is integrated into the process, with information provided on posture, movement patterns, and lifestyle factors that may influence recovery. Care plans evolve based on individual progress and response to interventions. The clinic encourages prompt assessment, noting that small problems can sometimes become more persistent if left unaddressed. The supportive environment includes explanations of each step in the recommended care.

The whole-body approach at True Works Chiropractic regards the body as an integrated system, with spinal

health playing a central role in coordinating function. Muscle balance and posture awareness contribute to the recovery process through combined techniques. The methodology aligns with the clinic's philosophy of helping restore the body's natural ability to heal while providing guidance for long-term results.

True Works Chiropractic extends its services for car accident injuries alongside care for back pain, neck pain, headaches, and related concerns. The practice maintains its commitment to natural methods that prioritize function and comfort. Dr. Michael Moss applies this framework across various injury presentations, drawing from his professional training and personal experience with chiropractic care.

Individuals seeking chiropractic care for car accident injuries in Arlington, TX receive plans that integrate adjustments, gentle exercise, and supportive techniques as appropriate. This combination is designed to assist recovery while acknowledging variability in outcomes. The clinic upholds standards consistent with chiropractic principles in its management of auto-related trauma.

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For more information about True Works Chiropractic, contact the company here: True Works Chiropractic Dr. Michael Moss D.C. (817) 718-1051 [thrivewellnessdfw@gmail.com](mailto:thrivewellnessdfw@gmail.com) 5801 W Interstate 20, Arlington, TX 76017

## **True Works Chiropractic**

*At True Works Chiropractic in Arlington, TX, we are dedicated to helping you live a healthier, pain-free life*

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