



## **Foster Chiropractic Highlights Chiropractic Care for Car Accident Injuries in Flower Mound, TX**

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Foster Chiropractic highlights chiropractic care for car accident injuries through its educational resources on the topic. The clinic addresses the musculoskeletal effects of automobile accidents, which remain a frequent occurrence with estimates of around 2.35 million auto injuries reported in the United States each year.

Automobile accidents can result in various injuries, particularly to the neck and back. The force of impact often overextends and strains ligaments and muscles. Common conditions include compression fractures, where the upper body is thrown forward while the lower body remains restrained, potentially causing vertebrae to fracture and, in severe cases, damage to the spinal cord. Disc herniation occurs when the outer layer of an intervertebral disc is damaged, allowing the inner gel to seep out and irritate surrounding nerves. Spondylolisthesis involves a vertebra moving out of place due to force or fracture, which may press on nerves and produce pain along with neurological symptoms. Whiplash, frequently seen in rear-end collisions, results from the head whipping backward and forward, overextending neck muscles.

Chiropractic care focuses on rebalancing the musculoskeletal system and realigning the spine to support the body's natural healing processes. Adjustments can produce several associated effects in the context of auto injury recovery. These include reducing inflammation, which represents the immune system's response to injury. While controlled inflammation supports healing, excessive or chronic inflammation can contribute to pain and other complications. Chiropractic approaches have also been linked in some contexts to less pain through the release of pain-reducing hormones, providing an alternative to reliance on prescription medications. Care may further help limit scar tissue formation, which can otherwise lead to stiffness, discomfort, and restricted movement. Finally, adjustments work to improve mobility by mobilizing the spine and encouraging the healing process.

Foster Chiropractic provides chiropractic care for car accident injuries in Flower Mound, TX. The clinic's methods emphasize non-medication approaches to address upper back pain, lower back pain, extremity pain, and other musculoskeletal concerns that commonly follow accidents. Adjustments aim to relieve discomfort, prevent additional injuries, and in certain cases support the slowing or reversal of condition progression.

Karl L. Foster, D.C., founded the practice and has more than 35 years of experience since entering practice in 1991. Born in Artesia, New Mexico, he earned his Doctor of Chiropractic degree and Bachelor of Science in Anatomy from Parker College of Chiropractic in Dallas, Texas. He holds a Certification in Meridian Therapy, also known as acupuncture, and a Certificate of Proficiency in the Diagnosis, Treatment, and Rehabilitation of Carpal Tunnel Syndrome and other cumulative trauma disorders. Dr. Foster maintains membership in the Flower Mound Chamber of Commerce and the Flower Mound Rotary.

Mason Foster, D.C., joined the practice after graduating from Parker University with a Doctorate of Chiropractic in 2020. He focuses on analyzing and correcting root causes of musculoskeletal pain to support patient health and wellness. His approach centers on understanding individual patient needs to facilitate healing. Dr. Mason Foster participates as an active member of the Cross Timbers Rotary Club and contributes to community volunteering and charitable activities.

"Chiropractic adjustments following auto accidents target spinal and joint misalignments to reduce pressure on nerves and support recovery," said Karl L. Foster, D.C., founder of Foster Chiropractic. "This method addresses the structural issues that often arise from collision forces without the use of medication."

The clinic serves patients experiencing effects from work-related incidents or auto accidents through hands-on techniques that restore alignment and joint function. These interventions can improve nerve activity, decrease inflammation, and encourage natural healing mechanisms in the body. Patient education forms part of the process, with guidance on posture, ergonomics, and lifestyle habits to help minimize recurrence of issues after an accident.

"Care at the clinic adapts established chiropractic techniques to meet the specific circumstances of each patient recovering from an auto injury," said Mason Foster, D.C., chiropractor at Foster Chiropractic. "The emphasis remains on correcting root causes to promote overall wellness."

Chiropractic care for auto injuries integrates with broader principles of spinal health. Adjustments influence nervous system performance by improving alignment, which may affect body function in areas connected to the site of injury. The family-oriented practice combines the extensive experience of Dr. Karl L. Foster with the contemporary perspectives of Dr. Mason Foster.

Reports from individuals who have received care describe outcomes such as gradual return of mobility after neck and back strains or reduced discomfort following whiplash-type injuries. Regular visits, supported by the clinic's appointment schedule, often contribute to sustained progress in recovery. The approach avoids surgical intervention in many cases, focusing instead on conservative management of conditions like disc issues or ligament strains.

Foster Chiropractic draws on its resource detailing conditions related to auto injuries to inform patients about potential effects and recovery pathways. This educational component presents information on common injury mechanisms and the role of spinal realignment in the healing timeline. The clinic assists those seeking non-invasive options for managing post-accident symptoms involving the back, neck, and extremities.

Results from chiropractic care vary by individual and depend on factors such as the nature of the injury, time since the accident, and overall health. Chiropractic care is not a substitute for medical treatment, and patients should consult qualified health professionals regarding their specific situations. The clinic encourages prompt evaluation after an accident to assess structural impacts and develop an appropriate care plan.

Dr. Karl L. Foster's long-term practice has provided opportunities to observe patterns in auto injury presentations, including those influenced by vehicle design, seatbelt use, and collision dynamics. This background informs tailored adjustment protocols that account for the unique biomechanics of each case. Meridian therapy principles, based on Dr. Foster's certification, can complement adjustments by incorporating additional techniques for pain management and relaxation of affected tissues.

The generational aspect of the practice, with both father and son contributing, ensures continuity in care standards while allowing for updated insights into patient recovery. Community involvement by both doctors reinforces their engagement with the local area beyond clinical settings.

Foster Chiropractic maintains a commitment to treatment, education, and patient satisfaction in the management of auto-related injuries. The clinic's methods reflect accumulated expertise in chiropractic adjustments applied to the aftermath of vehicle accidents, supporting individuals in their return to daily activities.

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## **Foster Chiropractic**

*Karl Foster, D.C. has over 30 years of experience adjusting patients. With our chiropractic adjustments, we commonly treat a wide variety of conditions.*

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