



West Suburban Wellness Offers Chiropractic Care For Car Accident Injuries in DuPage County, IL

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West Suburban Wellness provides chiropractic care for car accident injuries in DuPage County, IL. The practice has offered services to individuals recovering from motor vehicle accidents since it opened in Lombard in May 2005.

Nearly three million Americans sustain injuries in car accidents each year. These incidents produce pain, lost productivity, and stress for drivers and passengers. West Suburban Wellness maintains a team of experienced chiropractors who work with patients involved in such events. The clinic presents information on common injuries and approaches used in care following accidents.

Car accidents involve unpredictable factors such as vehicle sizes, weather conditions, and headrest positions that influence injury types and severity. An individual's pre-accident health level can also affect recovery. Whiplash ranks among the most frequent injuries. It occurs when the head moves violently forward and backward, straining neck tendons, ligaments, and muscles beyond their normal range.

Traumatic brain injuries often arise in crashes when the head experiences forceful movement and the brain impacts the inside of the skull. This can produce concussions or contusions. Symptoms may include vomiting, headache, increased forgetfulness, unusual fatigue, and trouble concentrating. Because the brain regulates essential functions such as breathing and heart rate, evaluation after an accident holds importance. Even minor brain injuries can lead to worsening cognitive issues if not addressed. They may also affect balance, coordination, and movement.

Soft tissue injuries, broken bones, and injuries to the arms and legs occur frequently. Scar tissue formation represents another consideration. As tissues heal without intervention, scar tissue can develop. When located near misaligned vertebrae, it may restrict spinal movement and contribute to degeneration over time.

West Suburban Wellness performs detailed assessments and comprehensive scans for patients following car accidents. The team includes four doctors of chiropractic: Dr. Timothy C. Weselak, D.C., C.C.W.P., Dr. Carolyn Spadafino, Dr. Vito Spadafino, and Dr. Matt Greenberg. Each doctor holds advanced technique training. Services encompass spinal adjustments, soft tissue therapy, massage therapy, physical therapy, custom therapeutic exercises, and lifestyle counseling. Care plans develop from thorough patient evaluations. The practice also assists with insurance documentation related to chiropractic treatment after accidents.

The clinic addresses conditions that patients report, including neck pain, back pain, sciatica, pain associated with herniated discs, pinched nerve symptoms, headaches, migraines, scoliosis, shoulder pain, hip pain, and fatigue. Additional areas include concerns linked to pregnancy, arthritis, and sports injuries. Pediatric services use gentle adjusting techniques. Prenatal care focuses on discomforts during pregnancy. Approaches for senior patients support mobility.

Dr. Timothy C. Weselak founded West Suburban Wellness after graduating from the National College of Chiropractic in 2000 and practicing initially in downtown Chicago before returning to his hometown of Lombard. He attended the University of Illinois at Urbana-Champaign and Glenbard East High School. He holds certification as a Certified Chiropractic Wellness Practitioner and completed training in ICPA Pediatric Adjusting Techniques. He maintains diplomate status with the National Board of Chiropractic Examiners.

Dr. Weselak serves as president of the Illinois Prairie State Chiropractic Association. He received the IPSCA Chiropractor of the Year award for 2021-2022 and the IPSCA Beacon of Light Award in 2021. He maintains membership in the Lombard Chamber of Commerce.

During high school, Dr. Weselak experienced severe pain in his right shoulder while pitching for the baseball team. Initial self-care attempts with ice, heat, topical applications, and over-the-counter medication brought no relief. Following a recommendation from his father, who had received chiropractic care, he consulted a

chiropractor. The evaluation identified a tendon strain and vertebral misalignments in the neck. A course of adjustments and exercises was recommended. Dr. Weselak reported returning to pitching pain-free within a couple of weeks without medication or surgery. This experience led him to research chiropractic principles.

"The personal outcome from the shoulder condition through chiropractic adjustments and exercises illustrated aspects of chiropractic philosophy," said Dr. Timothy C. Weselak, D.C., C.C.W.P., founder of West Suburban Wellness.

The practice has operated in the Lombard area for more than 20 years. It functions as a family chiropractic clinic serving patients of all ages through natural techniques centered on spinal alignment and nervous system considerations. The framework examines relationships between spinal alignment and broader health factors, consistent with chiropractic training.

For patients involved in car accidents, the clinic emphasizes timely evaluation even when injuries do not appear immediately. Assessments seek to identify both visible and hidden issues such as whiplash or effects of traumatic brain injuries. The team works to support recovery through coordinated care based on detailed examinations.

"As president of the Illinois Prairie State Chiropractic Association, the emphasis remains on professional standards applied in daily operations at West Suburban Wellness," said Dr. Timothy C. Weselak, D.C., C.C.W.P.

The origins of the practice connect to Dr. Weselak's high school encounter with chiropractic methods. Techniques involve manual spinal evaluations supplemented by modern tools. For active individuals, approaches incorporate guidance on strengthening and movement patterns informed by his baseball background. Family services accommodate pediatric and prenatal needs across generations. Lifestyle discussions address routine factors influencing spinal health.

West Suburban Wellness maintains scheduled appointments and personalized plans. The clinic serves residents throughout DuPage County with care directed toward conditions reported after motor vehicle incidents. The approach aligns with the founder's described introduction to the field and ongoing chiropractic principles.

West Suburban Wellness functions as a family chiropractic practice established in Lombard in 2005. The clinic applies techniques focused on spinal alignment and nervous system considerations for individuals across all age groups.

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For more information about West Suburban Wellness, contact the company here: West Suburban Wellness Dr. Tim Weselak (630) 629-9500 info@westsuburbanwellness.com 1127 S Main St Lombard, IL 60148

West Suburban Wellness

We provide families, adults and children (we specialize in pediatric care) the highest level of natural chiropractic care with modern technology and excellent customer service.

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