



## Understanding Injuries and Whiplash After a Car Accident

### Why Pain Can Appear After a Car Accident

Car accidents place sudden stress on the body. Even minor collisions can strain the spine, muscles, ligaments, and nerves. Many people feel fine at first, but later develop pain, stiffness, headaches, or limited movement days or weeks later. Delayed symptoms are common and should not be ignored.

### Common Injuries After a Car Accident

**Whiplash:** Rapid forward-and-back movement of the head and neck causing neck pain, stiffness, headaches, dizziness, or shoulder and arm discomfort.

**Back and Spine Injuries:** Muscle spasms, joint restriction, reduced mobility, and ongoing back pain.

**Soft Tissue Injuries:** Strained muscles and ligaments that can become inflamed and painful.

**Disc Injuries:** Disc bulges or herniations that may cause radiating pain, numbness, or tingling.

### Why Early Care Matters

Research shows untreated auto injuries, especially whiplash, increase the risk of long-term pain and reduced function. Early evaluation helps identify hidden injuries and supports proper healing before symptoms become chronic.

### How Chiropractic Care Helps

Evidence-based chiropractic care focuses on restoring movement and addressing the source of pain. Care may include gentle spinal adjustments, soft tissue therapy, therapeutic exercises, and posture guidance. Treatment is non-invasive and supports natural healing.

### Moving Forward

If you've been in a car accident - whether symptoms appeared immediately or later - early assessment and guided care can help reduce pain, restore mobility, and support long-term recovery.

Ready to seize the day? Call (954) 368-5483 or visit [chiropractorfortlauderdaleflorida.com](http://chiropractorfortlauderdaleflorida.com)