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## What To Do After An Accident

Nobody wants to be in one but the odds are at some point in your life you will be in an automobile accident. Things you will want to do:

- Exchange information with the other drivers involved
- Get the contact info on any witnesses
- Take pictures to document the scene and damage
- Notify your insurance company
- Talk to an attorney to protect your rights
- File a police report
- Get estimates on repairing your car
- Most important get examined by a chiropractor ASAP

**Dr. Bill Gallagher, DC** is among the last chiropractors to study D.N.F.T.™ with Dr. Richard Van Rump, DC who discovered and taught the technique until his death in 1987.

D.N.F.T. is the original low force technique that is very gentle and very specific. Unlike other chiropractic techniques there is no popping and cracking that so many people fear. Because it is so gentle it is the technique of choice from birth to old age.

Dr. Gallagher's own natural curiosity has led him to discoveries that have improved the effectiveness of D.N.F.T. adjustments in all areas of the bodies. His findings are now taught as part of the technique in seminars around the world. You too can experience the difference, just call 480-513-3909.

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# Whiplash



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## What Happens In An Accident?

If you have been in an accident you are aware of what can happen to your car. Unfortunately, ***most people ignore what may have happened to their body.***

Seat belts and air bags help to protect those in the vehicle and better bumpers and crumple zones help to dissipate some of the energy. While these may help to reduce the extent of injuries they do not always eliminate them.

## Did You Know That:

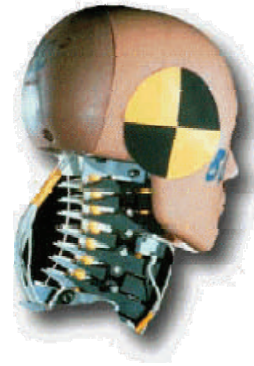
- Cars can withstand impact of 10mph without damage
- The threshold for cervical spine injuries is 5mph
- At 5mph the head accelerates at a force of 10-12G's,
- Astronauts pass out at 5G's
- Most injuries occur at less than 12 mph
- Given that much force concussions do occur
- A delay in symptoms is normal
- Most injuries do not show up on x-rays
- Almost 3 million Americans suffer whiplash each year
- 45% have symptoms 12 weeks after injury
- 25% have symptoms 6 months after injury
- 22% deteriorate one to two years later without treatment

## What Happens To Your Body?

When your car is hit the steel may be reshaped but there is additional energy that can affect your body. Even a low speed impact that does not cause obvious damage to your bumper will cause your body and ***especially your head and neck*** to move with considerable speed. In fact the ***head moves even faster*** then the muscles can tighten up to protect you and in the process ligaments and muscles can be injured.

## Common Symptoms With Whiplash:

- Neck pain and stiffness
- Headaches
- Fatigue
- Shoulder pain
- Low back pain
- Blurred vision
- Insomnia
- Anxiety
- Fatigue
- Difficulty concentrating
- Pain between the shoulder blades
- Numbness and tingling in arms
- Sensitivity to noise



## Reshaping Steel & Unseen Damage

In an accident a tremendous amount of force is involved. When there are dents and crumpled fenders most people get right to an auto body

shop. Correcting these problems right away can help to insure a longer life and better driving for your car.

## But What About Your Body?

Unless you are Superman, chances are that there is some hidden damage there too. Even if you don't notice it right away. To insure a longer healthier life for your body these injuries need to be corrected too.

## Factors That Contribute To The Extent Of Injuries Are:

- Direction of impact
- Headrest and head position
- Non-awareness of the impending impact
- Pre-existing scoliosis or arthritis
- Women and children tend to fare worse than men
- Older victims tend to suffer more soft tissue damage

## How Do You Fix Your Body?

Insurance pays for fixing your car and it also pays for taking care of the damage done to your body. A recent study found 93% of chronic whiplash cases improved with chiropractic care.

Dr. Bill Gallagher will accept your auto injury case with no out of pocket expense to you. Call right now at 480-513-3909 and take better care of your body too.

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