

# Why See a Chiropractor After Car Accident Injuries?

The average driver files a car insurance claim [every 17.9 years](#). In other words, the average person might experience three or four car accidents in a lifetime.

Any time you get behind the wheel, there is a risk of getting into an accident. Sometimes accidents are unavoidable and you end up with injuries.

Luckily, if you get in an accident, there is something you can do about it. Step one: make an appointment with a chiropractor after car accident injuries. It's the best way to get back to normal.

Read on to learn why you should see a chiropractor after a car accident.

## Prevent More Serious Injuries

After a car accident, it can sometimes take months for injuries to show symptoms. This is especially true for spine injuries. Untreated injuries can even lead to spinal arthritis.

When the musculoskeletal system is out of alignment, it puts pressure on your spinal nerves. This can lead to more pain and even mobility problems in the future.

Car accidents are also emotionally traumatic. [Dealing with the aftermath](#) of a collision can also cause a lot of stress, which can negatively affect the entire body. A chiropractor can release some of the tension in your body which can prevent further injury.

## Get Healed Faster

The physical trauma from an accident can create small tears in your muscle tissue. This type of injury won't show up on an X-ray, but a chiropractor can help treat it. This is called scar tissue and it can make you feel stiff and achy.

While your body will need time to heal on its own, chiropractic treatments can prevent scar tissue from forming. Chiropractic manipulation can loosen scar tissue faster than the body can do it on its own. This will help speed up the healing process.

## Drug-Free Pain Relief

Prescription pain medicine can be useful immediately after you've been in a car accident. But, continued use can quickly lead to dependence. Opioids are [known for being addictive](#) and can lead to overdose, even when they're used for a short period of time.

Medicine masks pain, while chiropractic care treats the source of your pain. A chiropractor will examine you to figure out where your pain is coming from. The chiropractor will then design a treatment plan to address your symptoms.

## Visiting a Chiropractor After Car Accident Helps with Insurance Claims

If you get injured in a car accident, go to the chiropractor as soon as possible. This is important because it will create a record of your medical treatment after the accident.

You'll be able to prove to the insurance company that your injuries came from the accident. If you wait any longer, the insurance company might deny your claim that you were injured in the accident. They could refuse to cover your treatment.

A chiropractor can also create a report of your injuries and the prescribed treatment plan you need. This can be submitted with your insurance claim or given to your attorney.

## Get Chiropractic Treatment Today

Getting treatment from a chiropractor after car accident injuries will give you a head start on the road to recovery.

If you're experiencing headaches, neck pain, or muscle spasms after a car accident, we know how to help. In fact, we've already treated hundreds of people with these very symptoms.

If you're searching for a car accident chiropractor near [REDACTED] [contact us today](#) and we'll help you feel as good as new.