

## Is it recommended to see a Chiropractor after a car accident?

Car accidents without head trauma, obvious fractures or suspicion of internal injuries should be examined by a Chiropractor first. A minimum of six years of studies with four of them directed at spinal mechanics, physiology and microanatomy, position your chiropractor's knowledge as second to none. In most cases it is not until the following day or two that most MVA victims demonstrate their symptoms. The concern is in allowing the body to heal itself in an altered state of alignment. Your body will adapt, but at what cost? Barring severe terms that would require surgical repair, chiropractic corrections can/should be made as soon as possible. Muscle spasms should not be artificially relaxed with medication, as your body is immobilizing an area and beginning a process of repair. If the body is spasming due to alignment changes only a Chiropractor is trained to recognize and treat these segmental conditions. Pain killers must also be used sparingly if at all. Listen to you body and if it is telling you this or that hurts, don't go there. You will get to the same point in the end with far less damage to you kidneys and liver. Realign your spine, get the proper stretches and exercise specific to you and get well naturally.