

**Three years ago I was in a major car accident and never saw a doctor about it. I've found that the pain in my back has never fully gone away. Would it do any good to see anybody about it now?**

In a car accident, especially a major one, the head and body are suddenly jerked back and forth and sideways beyond its normal limits. The muscles and ligaments supporting the spine and head can be overstretched or torn, vertebrae can be forced out of their normal position and the discs between the spinal bones can tear, bulge or rupture.

Any of the above can lead to decreased movement, pain, headaches, dizziness, neck, limb or back pain. As the body attempts to adapt, symptoms may not appear for weeks or months later. The Chiropractor's approach to these injuries is to use specific chiropractic adjustments to help return spinal function. It is best to catch these problems in their early stages as inflammation can be reduced and scar tissue minimized. If there is any pain at any time one should have a chiropractic examination after a motor vehicle accident.