

Does your accident have you down in the dumps?



Gallipolis Chiropractic
& Wellness Center



Learn how to navigate this difficult time

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Thank you!

What can a flight attendant teach us about accident injuries?

Have you ever listened to the flight safety presentation on a large commercial aircraft? You might remember the part about oxygen masks dropping from the overhead compartment.

A standard portion of the briefing instructs you to secure your mask before helping those around you. It's a particularly scary prospect, one that most of us hope we never experience.

But, why do they ask us to do this? Why should we help ourselves first before coming to the help of others?

It's actually not a selfish act. It's quite the opposite. It's an act of self-preservation - one that allows you to keep acting.

The takeaway is that you should not wait for others to make critical decisions for you. Rely on your instincts, and your chances of survival improve considerably.

At the scene of an automobile accident, **YOU** are the deciding factor. You are in control. It is up to you to make quick decisions based upon the information at hand.

YOU are the deciding factor at the scene of an accident.



Since the earliest days of flight, airlines have placed a focus upon the safety and well being of their passengers.

Injuries are sneaky, and are oftentimes not expressed until many months after an accident! While some injuries are immediately obvious, you may need to ask yourself a few quick questions:

Did bleeding occur? Were you unconscious at any time? Was the accident particularly violent? Did you cry out in pain? Have you seen any bruises? Was your body thrown inside the vehicle?

If your instincts indicate a problem, do not wait for someone else to make a decision for you. You need to seek medical attention immediately.

The longer you wait for treatment, the more likely a serious condition will develop. Scar tissue can form below the skin where it is difficult to detect. If those injuries remain untreated, they can develop into more complex problems. And those problems may not manifest until many months after your accident.

If you act first, and tackle these complications early, you will encourage a long and healthy life.

You should not feel bad about filing a claim

The state of Ohio has enacted laws to protect you from bad driving. If you are the victim of an automobile accident, then you have the ability to file a claim against those responsible.

A claim may sound harsh. You might think your injuries are not bad enough. The people responsible may have even helped you following the incident. You hate the thought of instigating legal action.

It is a difficult situation to be thrown into.

But you should not take this personally, and neither should the responsible party. Sometimes mistakes happen, and the legal process exists to protect all parties involved. You should be thinking of your long-term health.

What if the pilot flying the commercial airliner (mentioned in the introduction), had acted irresponsibly? What if there was something that could have been done to prevent a dangerous situation? Would you feel guilty about filing a claim against the airline?

You see, responsible drivers pay a significant amount of automobile insurance premiums each year. Insurance creates a financial safety net to cover everyone on the road.

Insurance agencies monetarily absorb an automobile accident's damage. If the responsible party has insurance, they will be shielded from the brunt of a claim.

But what happens if the responsible party does not have insurance? Perhaps it's time they realize a much-needed wake-up call.

You shouldn't carry the weight of the world on your shoulders. And, remember, self-preservation now, means you can give back to others later.

You should be thinking of your long-term health.



Interview attorneys who mirror your values

Don't compromise on what you feel is right. Most attorneys are legal professionals who operate within the ethical and practical boundaries of the law. Their goals should match yours. Find a representative that resonates with your intentions.

Insurance companies can be difficult to navigate, especially if they are representing the opposing party. Experienced attorneys will know how to proceed on your behalf.

They will pursue adequate compensation for the injuries you have sustained. It is not their aim to "punish" the responsible party, but rather to advocate your medical needs.



Open claims will temporarily cover all medical costs associated with your accident

The state of Ohio allows healthcare clinics, practitioners, and hospitals to create a lien against your account. This lien diverts medical expenses to a temporary holding account, which is to be paid at the close of litigation.

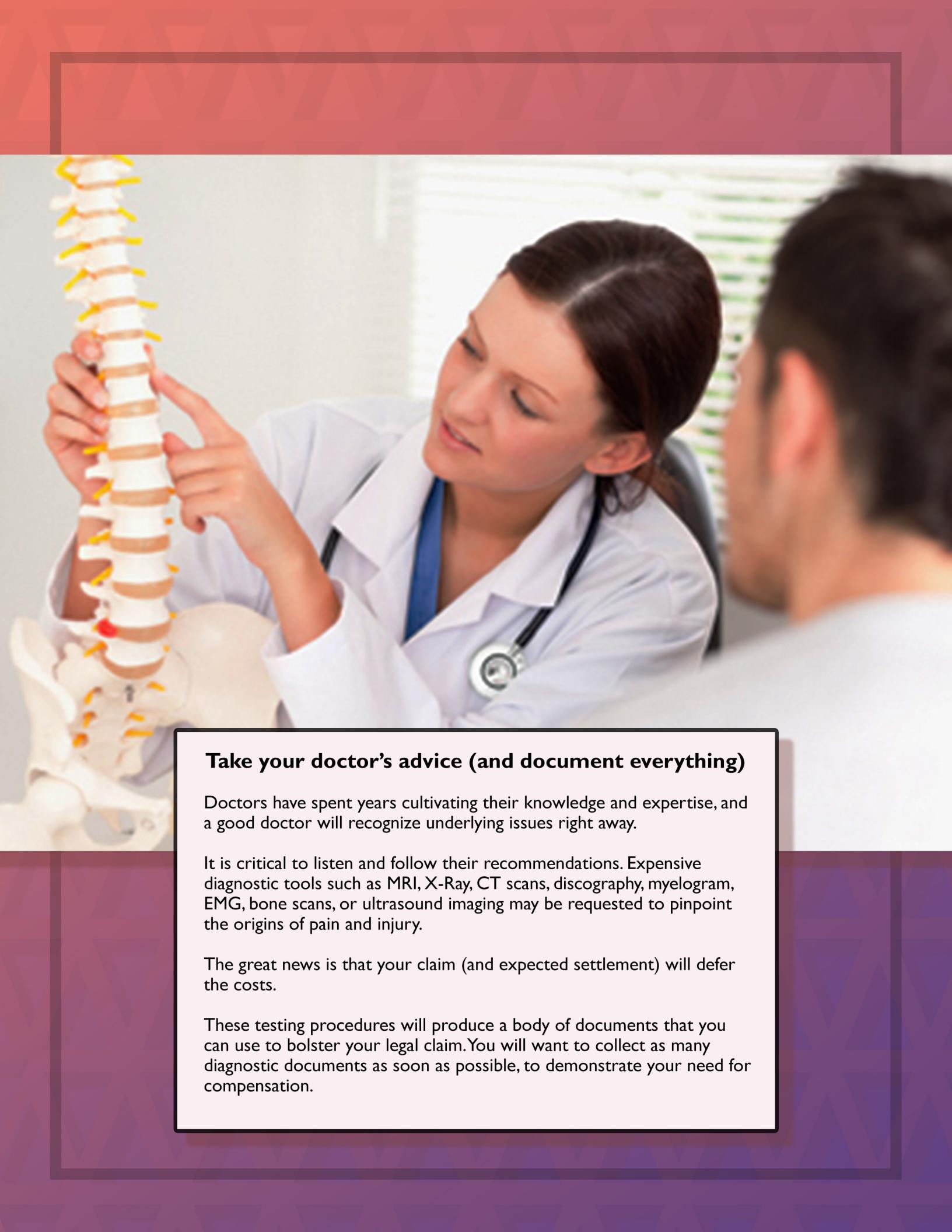
Listen to the advice of your attorney. If your case has a good chance of winning in court, then your medical costs will be covered at the close of your settlement, at no cost to you!

Please be careful who you talk to!

Unfortunately, you should avoid talking about your accident. Be especially wary when contacted by insurance agencies. They will seek to minimize your settlement.

Friends, family, and coworkers may be drawn into the proceedings if negotiations become aggressive. Their testimony can work against you receiving proper settlement.

However, please fully communicate your healthcare concerns with your doctors and attorneys. These professionals are bound by federal and local laws. The more they know about your situation, the better care and attention they will be able to provide for you.



Take your doctor's advice (and document everything)

Doctors have spent years cultivating their knowledge and expertise, and a good doctor will recognize underlying issues right away.

It is critical to listen and follow their recommendations. Expensive diagnostic tools such as MRI, X-Ray, CT scans, discography, myelogram, EMG, bone scans, or ultrasound imaging may be requested to pinpoint the origins of pain and injury.

The great news is that your claim (and expected settlement) will defer the costs.

These testing procedures will produce a body of documents that you can use to bolster your legal claim. You will want to collect as many diagnostic documents as soon as possible, to demonstrate your need for compensation.

Chiropractors are the leaders of physical healthcare

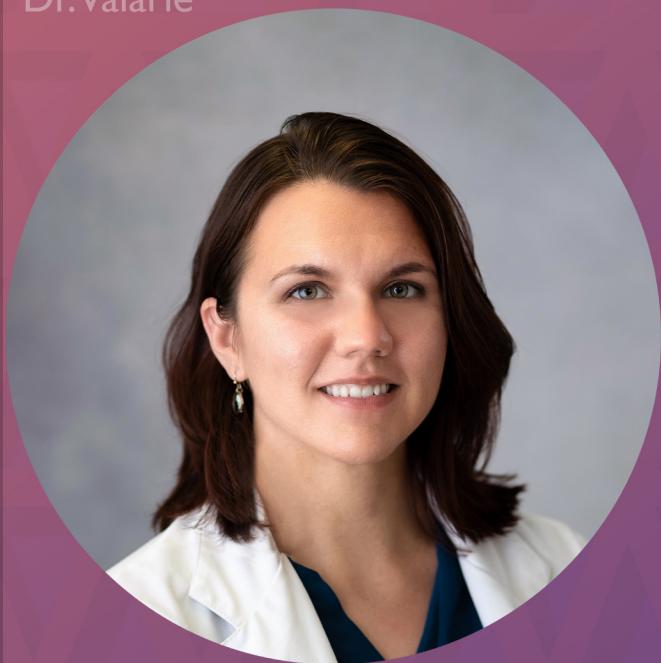
A vehicle accident causes a tremendous amount of sheer physical movement, both externally and internally. The violent transfer of mass can cause bones, ligaments, and bodily tissues to be thrown out of alignment. Even a quick slip on a slick floor can have devastating consequences.

Chiropractors are doctors who specialize in advanced modes of physical healthcare. They fully understand the biomechanical movement of tissues within your body. Their scope, not only focuses on the health of the spine, but the correct orientation and movement of the entire physical body.

They will pinpoint the source of physical injury and provide effective healing solutions. When necessary, they will even guide and refer you to other specialists.

Large chiropractic offices also possess many useful resources, such as massage therapists, x-ray machines, low frequency laser therapies, dry needling, ESTIM, roller tables, Gua sha, kinesiology taping, ultrasound, spinal and postural screenings, cupping, TENS units, and durable medical equipment.

Dr. Valarie



We provide all of these services and more at Gallipolis Chiropractic and Wellness Center. Call us any time. We have a free consultation for all first-time patients.

Gallipolis Chiropractic and Wellness Center would like to say thank you.

We are so happy that you are taking an active interest in your health. We want to help you!

And remember, if you are in good health, then you are in a great position to help others!



Dr. Devin