

Car Accident? *MyoRehab* therapists are experts in relieving your pain



By Victoria L Magown

Driving to work the other day at 7:45 am, I came upon a car accident at the intersection of Montgomery and Jefferson. Both cars were badly damaged and needed to be towed, so I knew the drivers were injured. No broken bones, but significant damage to their body's fascia, muscles and ligaments, particularly in the neck region.

Usually during a car accident, the driver's left shoulder is restrained by the seat belt, but the head, neck and right shoulder are allowed to "whip" back and forward which causes fascia and muscles to strain and ligaments to sprain – hence, Cervical Sprain/Strain or Thoracic Sprain/Strain or Lumbar Sprain/Strain.

Initially, after the accident, one does not feel as sore as expected. But wait; it usually takes about two to six days to feel the full impact of the accident. Sometimes, it takes up to six months before one notices jaw and/or tooth pain. The important thing is not to close your car accident case with your insurance company or the other person's insurance company for at least one year. That should give you enough time to see what body parts are involved and resolve the pain.

Even if you were "checked out" at the Emergency Room, you will need to see your primary care physician or chiropractor for an evaluation and referral to MyoRehab. We stay in close communication with your doctor and attorney, if you have one, sending them timely reports on your progress.

The key to your success to become pain-free is to start therapy as soon as possible. The longer you wait, the tighter and more restricted your fascia and muscles become.

We have a wonderful network of practitioners. If you have an issue we do not treat, we will refer you to an expert in that field. Tracy came to MyoRehab about two months after her car accident. Through careful questioning, we learned that she was having nightmares about the accident and was unable to drive on the street where the accident happened. Sound familiar? We referred her to a psychologist in our network. The nightmare/street issue resolved within a month.

Tracy received treatment at MyoRehab while she was working with the psychologist and she responded well to Myofascial Therapy. Once she was sleeping through the night, she responded faster to Myofascial Therapy.

We also network with an Atlas Orthogonal chiropractor, dentists who treat jaw problems after car accidents, psychologists who help resolve the trauma of car accidents quickly, etc.

If you are not responding to treatment appropriately, we will refer you back to your doctor for further diagnostic tests. In other words, we do not continue treating you if you are not improving. We help you find the source of your pain, and if we

are not able to resolve it, we help you find the right practitioners that can.

Anyone who has been in a car accident knows the paperwork can be overwhelming; especially when you are in pain. Rest assured; we will escort you through the process with as little discomfort as possible. Joni, (our administrative superwoman), is a pro and will help you with the paperwork, etc, making the process as smooth as possible.

At MyoRehab, we use a Team approach, and you may receive treatment by two therapists. Each takes the time to discuss your treatment with the co-treating therapist so we are all on the "same page". Often times, each therapist will see another aspect of your pain problem which moves your therapy along faster. "Two heads are better than one."

***Car accident? Don't let it go untreated.
Give us a call at 505-872-3100 & set up an appointment.***

For more information and a better understanding of Myofascial Pain and Dysfunction, visit our website at www.myorehab.net.

GOT PAIN? WE HAVE ANSWERS

MyoRehab

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***Providing
a drug free
team approach
to pain relief
for over
a quarter of
a century***