

Special Report

What You Should Know If You Have Been Involved In A Car Accident

From: Physicians Health Group
St. Louis, Missouri

Dear Neighbor:

Most Americans will be involved in a motor vehicle accident in their lifetime, and one quarter of the population will be involved in accidents that result in serious injuries. Did you know one of the most stressful aspects of living in modern life is dealing with the problems that arise after an auto accident?

Were you also aware that some auto accident injuries are hidden and are seldom detected for months or even years?

As a result, a lot of accident victims settle their case with the insurance companies before getting evaluated from a Doctor trained in soft tissue injuries.

THIS COULD BE A BIG MISTAKE.

Why? Because once you settle your case you lose the right for care if you need it.

A good rule of thumb is to get educated in your rights, then make a decision, there is no reason to rush; it can only hurt

you. It is our position that if you were indeed injured, you should get the care you need to get you back to the way you felt and functioned just before the accident. Now, it is not the responsibility of the insurance company to pay for anything more than that. They are not responsible for pre-existing injuries; only the injuries sustained from the accident. Even if you are just sore, you should get checked out immediately.

Because you may experience pain, numbness, headaches, muscle stiffness, fatigue, and other problems including arthritis many months down the road. Remember, nothing is more important than your health when you start to lose it.

HERE'S WHERE THE PROBLEM BEGINS! Most people who suffer from an auto accident have one thing on their mind: **THEIR AUTOMOBILE!**

Common questions include:

- "Who is going to fix my car?" - "What or who is going to pay for it?"
- "Will my insurance rates go up?" - "What will I drive in the mean time?"

And, the last thing on their mind is;

Getting relief from pain caused by the car accident, In other words, fixing yourself often times has a lower priority than fixing ones car!



The following is an excerpt from the AMERICAN FAMILY PHYSICIAN 1999;60:524-31),:

Despite improvements in road conditions, vehicle safety and driver Education, over 3 million persons are injured in motor vehicle accidents each year. Many of these persons develop post-traumatic stress symptoms that can become chronic. Patients with posttraumatic stress disorder experience disabling memories and anxiety related to the traumatic event. Early identification of these patients is critical to allow for intervention and prevent greater impairment and restriction. The physician is in an ideal position to identify, treat or refer patients with traumatic responses to traffic accidents. The physician's awareness of patient characteristics and pre-accident functioning allows him or her to critically evaluate symptoms that may begin to interfere with the resumption of daily activities.

We evaluate auto accident victims, and make any appropriate referrals to other health care providers if needed; including orthopedic doctors, neurologists, or other specialists. We are one of the few Outpatient Rehabilitation Facilities with in-house diagnostic testing equipment. Our goal is to keep you comfortable and to make your treatment as convenient as possible.

Our Primary Responsibility Is Giving You The Care If You Need It, And Submitting The Required Medical Reports To The Insurance Company So Your Rights Are Protected.

Unfortunately, there are people who seek treatment who are not injured for the sake of financial gain. If you are one of those people, please do not call our office. There are also people who are injured who aren't getting the care they need. If you are injured call us, we really can help you a lot; you will not be treated for months on end. We want you to get fixed and out of our office as soon as possible! If we can't help you we will refer you to a Doctor or facility than can.

The office is located at Interstate 44 and Meramec Station Road (WWY 141) off of Marshall Road in Valley Park. If you work late, we have evening hours until 7 p.m.

We have treated literally hundreds and hundreds of auto accident victims just like you, We are staffed with the friendliest people you could ever meet who are all trained in handling the sometimes confusing paperwork that needs to be filled out to make sure that

Your rights are protected and your injuries are properly documented.

If you have been in an auto accident recently, there are some important decisions you have to make and if I were you, I'd take these decisions very carefully.

"Am I Really O.K.?"

Not only are auto accidents an inconvenience and a hassle, a common general complaint of auto accident victims is that they don't feel their normal self. You may also be experiencing obvious pains and symptoms like muscle stiffness or spasm, neck pain, headaches, numbness and tingling, back pain, difficulty sleeping, irritability, memory loss, fatigue concentrating and many other difficulties or worse than that, you may be injured and feel nothing at all.

Either way, did you know that auto accidents can cause post traumatic osteoarthritis?

Osteoarthritis can ruin your posture (giving you a slumped or hump back appearance). Osteoarthritis can cause the discs in your spine to degenerate and create scar tissue formation

leading to chronic stiffness and the inability to move properly. When this happens, simple tasks like turning your neck become painful and almost impossible.

As a matter of fact

*Most Doctors Are Not Trained In
The Detection Of These Hidden Injuries....*

How are these hidden injuries detected?

If you have been in an auto accident, you need a Doctor that is trained in the biomechanics of the human body; someone who treats these injuries every day.

That means that he or she can perform orthopedic and neurological tests as well as other functional tests that can assess soft tissue damage, muscle strength, range of motion, and joint and nerve function. In addition, x-rays can be taken to find out if there has been any structural damage,

Our office has been very effective in treating Auto Accident patients. Our staff is experienced in relieving pain associated with auto injuries.



Q: Should I See An Attorney Before I Make An Appointment To See Your Doctor?

A: It is important to get checked out by the Doctor first, that way the findings from your exam will allow you the information you need in order to decide if an attorney is necessary. If necessary, we can refer you to a reputable and qualified attorney.

Q: What If. My Car Sustained Only Minor Damage?

A: Documented studies done by Charles Carroll, M.D., Paul McAtee, M.D. and Lee Riley, M.D. revealed that:

"The amount of damage to the automobile bears little relation to Force applied to the cervical spine (neck) of the occupants."

In other words, the damage to the passengers is not necessarily directly related to the damage to the vehicle. But if you aren't in pain then you may be O.K. But **it's** probably wise to wait a couple of weeks after your injury before you settle your case. If by that time you are still feeling fine, then go from there.

Q: The Insurance Company Has Been Calling Me And Wants Me. To .Settle, What Should I Do?

A: DO NOT SIGN OR SETTLE until you have had us evaluate your injury for you. If you settle before your injury is fully resolved, you will be COMPLETELY ON YOUR OWN and will have to pay out of pocket for your care.

Q: I've Been To The Hospital, Do I Really Need To See A Doctor?

A: You need a doctor that focuses in the treatment and diagnosis of auto accident injuries. Usually hospitals will check vital signs, and release the patient with pain relief medication. They normally do not treat the underlying improper musculoskeletal biomechanics that can and often do lead to future pain. If you are still having problems, you should get a second opinion. Our physicians are qualified and all your care can start and end at our facility - prescription drugs and diagnostic testing (excluding MRI) to special therapies designed to help correct structural or soft tissue damage.

Q: Does The Treatment Hurt?

A: Absolutely not. The care is very gentle and quite soothing. Most patients can hardly wait to get their care.

Q: Is The Treatment Safe?

A: Yes, extremely. We will evaluate each case independently and you can rest assure you will get the best care available.

Our office is conveniently located at 1-44 and highway 141 in Valley Park. Please do not wait any longer - call our office today and get rid of you pain.

CALL 636-225-3030

