



YOUR LEGAL RIGHTS

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Who to turn to after an auto accident

When a person is injured in an accident, a common question is what type of doctor to see. Obviously, the type of doctor will depend on what type of injuries a person sustains in an accident.

The most common injuries are neck and back pain after automobile crashes or slip and falls. With neck and back injuries, a good option would be to see a well respected chiropractor in the community. In general, a chiropractor uses a variety of therapy techniques such as electrical muscle stimulation, ultrasound, moist heat, cold pack and massage as treatment options. Also, the chiropractor may adjust you to place your spine in proper alignment and recommended strengthening and stretching exercise. For the most part, chiropractors will not prescribe pain medication, and believe that the body has the ability to heal itself.

Along with the care from a chiropractor, it is also a good idea to see an orthopedic doctor to further evaluate the condition. The orthopedic doctor will exam you and review your therapy plan. Also, they will usually prescribe pain and anti-inflammatory medication for your pain. As in any case, it is best to review the credential of any doctor you see and obtain recommendations from past clients if possible. The chiropractor and orthopedic doctor should be in communication with each other and work together to help you get better.

If a person injured in an accident is dizzy, nauseous, or has memory or concentration problems, that person should make an appointment to see a neurologist as soon as possible. The neurologist will exam the patient's cognitive problems and research whether the injured person has sustained a head injury as a result of the accident.

Also, in cases of radiating pain from the neck and back areas, I recommend either a consultation with an orthopedic physician or neurologist. At such time, you will probably be sent for an MRI scan. MRI films will give the doctors insight as to whether you have sustained herniated discs in your neck or back. Also, MRIs are used throughout the body, including shoulders and knees to determine tears in the body.

Another type of physician is a pain management doctor. Pain management doctors will prescribe pain medication and usually also administer injections to



the areas that are providing the most pain. These injections can be minimally invasive such as trigger point injections or deeper injections such as epidurals.

After an accident, your attorney can always recommend physicians in the community that can help you recuperate from your injuries.

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