



<<< Back To Brochures

## Accidents Injuries



Anyone who has been in an accident or trauma, whether mild or serious and no matter how long ago, should see a chiropractor to have their spinal column checked for nerve pressure caused by vertebral subluxations. A chiropractic adjustment can make the difference between life and death, between life with pain, disability and sickness and life with full recovery, activity and health.

## Accidents & Injuries

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Sometimes our world can be a pretty dangerous place; many of us have experienced a traumatic brush (or collision) with reality. And although accidents may be unavoidable, much of the pain and suffering resulting from traumatic injuries may, in many cases, be avoided with chiropractic care.

### Traumas cause Subluxations

Every trauma has the potential to cause vertebral subluxations—an area of abnormal stress in your spine that upsets body balance, impinges, “pinches,” stretches or compresses your nerves, and affects the health of your muscles, internal organs, discs, bones and brain. A subluxation can cause pain, organ or system malfunction and dis-ease (body malfunction).

### What is Chiropractic?

Chiropractic is a system of healthcare that specializes in correcting vertebral subluxations. Your chiropractor corrects the subluxations using safe, gentle, spinal “adjustment” techniques.

### Minor Accidents

Too often, severe health problems can begin as a little fall, whiplash, bump or shake-up that caused a subluxation. Many times chiropractic patients have discovered that the cause of their present complaints was a childhood fall or even birth trauma. There may have been no broken bones or serious bleeding but there was spinal damage that was never corrected. The medical doctors may have said they were fine, but MDs do not know how to analyze the spinal column for subluxations nor do they know how to correct them.

### Serious Accidents

It must be emphasized that chiropractic is not against necessary medical care. In emergencies, all must be done to save life and limb. But after the medical doctors have done their work there is a pause. In that pause everyone sits back and waits for the real healing to begin. That’s the scene in the movies when they say, “We’ve done all we could, now he’s in God’s hands.” In that pause the real healing occurs. True healing is not done by doctors, stitches, gauze, drugs and injections- it is performed by the wisdom of our miraculous bodies. It is a miraculous and mysterious as the miracle of birth where life is created and recreated. It is the goal of all doctors to remove that which interferes with the normal expression of life and to create an environment that nurtures healing. That is why, when it is safe to do so, the body should receive the chiropractic care that it desperately needs.

### Post-Accident Physical and Mental Health Problems

Accident victims often continue to suffer from pain, weakness and

disability for months, years or decades. Even after the best medical care they may continue to take painkillers or muscle relaxants, use various therapies or have repeated surgeries. "I feel like a walking medicine cabinet," is too often the lament of the post-accident victim. Sometimes they have flare-ups every so often that may debilitate them for days, weeks or months. Being drugged up all the time may deaden the pain, but does precious little or nothing towards healing.

Post accident conditions may include pain or spasms in the neck, shoulders, arms, wrists, hands, legs, back and face. There has even been a report of scoliosis (sideways twisting of the spine) occurring after a trauma. Also, it is not unusual to hear of relatives or friends noticing a loved one's personality change after an accident or trauma. This is sometimes referred to as "post-traumatic stress disorder" and may include insomnia, mental dullness, nervousness, anxiety, memory problems, depression, constipation, diarrhea, headache, hearing, vision problems and even epilepsy, allergies and dizziness. Other post-accident problems, undoubtedly caused by subluxations, include asthma, bed-wetting, vomiting, loss of energy, incontinence, urinary tract infections, vision problems, blindness and even hyperactivity in children. All have been reported after traumatic events and have completely corrected following chiropractic care.

**"You'll Have To Live With It"**

It is an unfortunate fact that over half of the victims of auto accidents never fully recover under medical (including orthopedic) care. There are still pain, disability and other constant reminders that they have been hurt and haven't fully healed. They need to know that in many cases chiropractic care may totally eliminate or greatly reduce their problems safely, quickly and without drugs or surgery.

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Dr. Woodrow W. Gwinn, Jr. Owner and Director of Clinics

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Telephone  
in Maryville 865-977-0916  
in Madisonville 423-442-4153