



FREE RECOVERY GUIDE

3 Steps to Heal Smarter After a Car Accident

By David Norris DC, MS, DACBN | Back in Line Chiropractic & Wellness

WHY THIS GUIDE MATTERS

Car accidents-even minor ones-can cause long-term issues if not addressed properly. This quick guide walks you through smart, natural steps to protect your body, manage pain, and avoid common recovery mistakes.

STEP 1: GET EVALUATED ASAP

Don't wait for pain to get worse. Many injuries (like whiplash or soft tissue damage) don't show up for days or even weeks. A prompt evaluation can:

- Document your injuries for insurance/legal protection
- Identify underlying structural or neurological issues
- Prevent chronic pain or degeneration

Pro Tip: Chiropractic and functional evaluations are more thorough than standard ER checkups. Get both if possible.

STEP 2: SUPPORT NATURAL HEALING

Your body is designed to heal-but only if you support it. After a collision:

- Inflammation spikes (which can cause brain fog, fatigue, or joint pain)
- Muscles and nerves often misfire or stiffen
- Toxins may be released from damaged tissue

Here's what you can do:

- Stay hydrated and limit sugar/inflammatory foods



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- Use ice + gentle movement (not complete rest!)
- Consider high-quality supplements:
 - Inflammation (for natural inflammation control)
 - Magnesium (for muscle recovery)
 - B-complex (for nervous system support)

STEP 3: DOCUMENT & PLAN FOLLOW-UP CARE

Even if you feel 'fine,' delayed symptoms are common. To protect your health and any insurance/legal claim, be sure to:

- Document your symptoms daily (pain, sleep, concentration, range of motion)
- Get regular re-evaluations over the next few weeks
- Follow through on care plans, including physical rehab, adjustments, or lab testing

We recommend a 4-week follow-up timeline minimum to monitor for delayed onset symptoms.

NEED HELP? WE'RE HERE.

Back in Line Chiropractic & Wellness specializes in:

- Post-accident care
- Functional medicine recovery protocols
- Legal documentation for personal injury claims

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BONUS: PROTECT YOUR CLAIM

Failing to seek care can harm your legal case. Document everything-even small changes. We'll work directly with your attorney to provide records, notes, and expert guidance if needed.

REMEMBER

Recovery isn't just about surviving-it's about thriving after trauma.