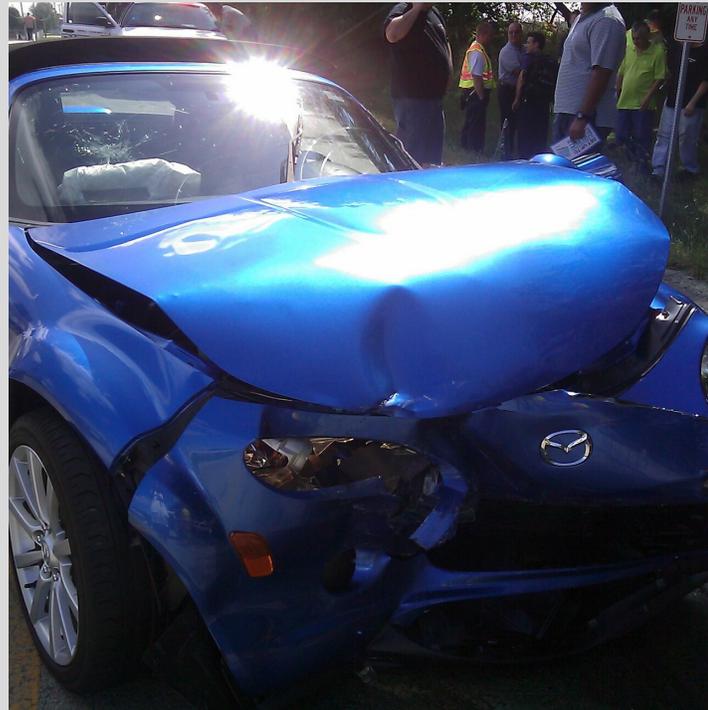


# Healing Years After An Accident

Accidents can happen anywhere at any time. They can be scary and range from minor to severe. After an accident occurs, it's essential to assess any physical damage that our body may have suffered. This could mean physical cuts and bruising that we can see, but also injuries that are less obvious. Since we can't see inside our bodies at all times, it can be challenging to know if something more significant is going on with our health that isn't visible to us. To truly understand the state of our health, we need to make sure we are getting a full picture.

A case study was recently published describing a 29-year-old woman with chronic headaches and neck pains 13 years after being involved in an accident. She wanted to get a complete picture of her health, so she sought a chiropractic evaluation. Her chiropractor found that she was suffering from late whiplash syndrome, and her body never truly healed following her accident 13 years prior. After just 15 weeks under chiropractic care, she reported a reduction in her post-concussion symptoms of neck pain and headaches. Her x-rays also revealed an improvement in her cervical spine through improved posture.

Through restoring her body to its' natural function, she was able to properly perform the functionalities needed to heal her body from within. When the body is free of interference (subluxation), the body is free to heal!



**The alignment and movement of the spine are often overlooked following a motor vehicle accident and, if not corrected, can lead to health concerns months or years down the line.**

Fortner, M. O., Oakley, P. A., & Harrison, D. E. (2020). CERVICAL LORDOSIS RESTORATION FOR LATE WHIPLASH SYNDROME ALLEVIATES CHRONIC HEADACHES 13-YEARS AFTER MOTOR VEHICLE COLLISION: A CBP® CASE REPORT WITH A 1-YEAR FOLLOW-UP. *Journal of Contemporary Chiropractic*, 3, 21–27.



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