CORDIMA CHIROPRACTIC CENTER

What to Do After a Car Accident

A practical checklist to save, print, or share with someone you care about.

SAFETY FIRST • 8 IMPORTANT STEPS

1 Get to safety

If possible, move out of traffic and turn on hazard lights. Do not move someone with a possible serious injury unless immediate danger makes it necessary.

2 Call for help

Call 911 for injuries, danger, or emergencies. Follow police instructions and local reporting requirements.

3 Watch for urgent warning signs

Seek emergency care for severe or worsening headache, confusion, fainting, chest pain, trouble breathing, weakness, numbness, severe neck/back pain, or other concerning symptoms.

4 Document what happened

When safe, take photos of vehicle damage, road conditions, signs, and the scene. Record the date, location, and what happened.

5 Exchange information

Collect names, contact details, driver and insurance information, license plates, and witness contact details when possible. Avoid sharing unnecessary personal information.

6 Get checked when appropriate

Symptoms such as neck stiffness, back pain, or headaches may show up later. Seek medical evaluation for new, persistent, or worsening symptoms; do not wait if warning signs appear.

7 Keep your records together

Save accident reports, photographs, visit summaries, receipts, and insurance correspondence. Note when symptoms begin and how they change.

8 Take care with activity

Follow advice from your treating clinician. Avoid forcing painful stretches or returning to demanding activity before you are ready.

Questions about neck, back, or joint symptoms?

Call Dr. Cordima's office • 617-629-2600

General education only; not emergency, legal, or individualized medical advice. Chiropractic care does not replace emergency medical evaluation. Follow qualified medical professionals' advice.