CORDIMA CHIROPRACTIC CENTER

Why Accident Symptoms Can Be Delayed

What to watch for in the hours and days after a collision.

8 THINGS WORTH KNOWING

1 Why symptoms may take time

After a collision, stress and adrenaline may make discomfort less noticeable at first. Soreness or stiffness can become clearer over the next hours or days.

2 Neck and shoulder stiffness

Neck pain, reduced motion, or shoulder tension can appear later. Note when symptoms begin and whether they are changing.

3 Headaches need attention

A new headache after a crash deserves attention, especially if there was a head impact. Do not assume it is only muscle tension.

4 Back and joint discomfort

Back, hip, or joint symptoms may emerge as you resume normal activity. Avoid pushing through increasing pain.

5 Know the emergency signs

Call 911 or seek emergency care for severe or worsening headache, confusion, fainting, weakness, numbness, chest pain, trouble breathing, or other serious symptoms.

6 Keep a simple symptom log

Record when symptoms began, where they occur, what makes them better or worse, and how they affect sleep, work, or daily activities.

7 Get evaluated when needed

Seek timely medical evaluation for new, persistent, or worsening symptoms after a crash. Some injuries need prompt assessment even if the collision seemed minor.

8 Return to activity wisely

Follow your clinician’s guidance. Gentle activity may be appropriate, but stop anything that worsens symptoms and ask before starting exercises after an injury.

Questions about symptoms after a car accident?

Dr. Cordima's office • 617-629-2600

Educational information only, not a diagnosis or emergency advice. Serious symptoms need urgent medical attention. An appropriate medical evaluation can determine next steps.