CORDIMA CHIROPRACTIC CENTER

8 Common Mistakes After a Car Accident

Practical reminders to protect your safety, health, and records.

KEEP THIS GUIDE HANDY • SHARE WITH FAMILY

1 Skipping emergency care

Do not ignore severe pain, confusion, fainting, weakness, chest pain, or trouble breathing. Call 911 or seek emergency care for urgent symptoms.

2 Assuming no pain means no injury

Some neck, back, and headache symptoms begin later. Pay attention to new or worsening symptoms and seek timely medical evaluation.

3 Forgetting scene details

When safe, photograph vehicles, road conditions, and visible damage. Record the location, time, and witness contact details.

4 Losing important paperwork

Keep the police report number, insurance information, photos, receipts, and medical visit summaries in one folder.

5 Ignoring changes in symptoms

Write down when discomfort started, what makes it better or worse, and how it affects normal activities. Share changes with your clinician.

6 Pushing through painful activity

Do not force stretches or heavy activity when symptoms are new or worsening. Ask a qualified clinician when it is safe to resume.

7 Delaying needed follow-up

If pain, stiffness, headaches, or other symptoms persist, arrange an appropriate evaluation. Follow recommended care and reassessment.

8 Sharing inaccurate information

Stick to facts when reporting the accident. Avoid guessing about injuries, fault, or recovery timelines; ask your insurer or attorney about legal questions.

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 evaluation. Follow advice from qualified medical professionals.