

## **Time is of the essence when getting treatment after injuries**

**Question:** How soon after an injury should a person get Chiropractic treatment? Do all injuries require immediate care?

**Answer:** Any trauma to the body that involves a heavy impact requires immediate attention. I would classify a heavy impact as any injury that jolts the body quickly such as a light fender-bender in a motor vehicle, falling off your bicycle, slipping in the shower or any collision that knocks you off your feet. All head traumas should be examined immediately, even light impacts. The quicker the degree of neurological insult is determined the quicker appropriate Chiropractic adjustments can be applied. Not all injuries require treatment and some very serious ones are out of the scope of practice for a Chiropractor. These include fractures, internal bleeds, and any potential brain inflammation.

The purpose of getting checked immediately is to not only determine the degree of your injuries, but to give treatment prior to scar tissue formation occurs and effectively either treat with ice or heat. Fibrotic or thickening of a soft tissue occurs within 48 hours of a trauma to that tissue. It is a natural healing mechanism of the body to manufacture additional healing elements such as vitamins and minerals, to help the body repair itself. The problem occurs when excess minerals and vitamins, especially calcium, accumulate along the injury site. The overabundance of healing elements building a patch on the damaged area reduces mobility of that tissue and thickens it. The modern day philosophy in dealing with traumatized soft tissue is to mobilize it as soon as possible. You may remember that in the past people with cervical whiplash from car accidents would almost always leave the emergency room with a cervical collar. Now, even the medics

understand that reducing motion of a damaged tissue as soon as possible reduces permanency of scar tissue formation.

Chiropractors are perfectly equipped to administer adjustments to injured joints and mobilize static tissue. Time is always of the essence, so get to your Chiropractor immediately after an injury so he or she can evaluate and treat you if necessary.

**Quote of the week:** *“Adversity is fuel for determination.”* - Anonymous