



Home Care Instructions

Motor Vehicle Accidents: Passengers in car accidents get tossed about abruptly. That causes many strained muscles and sprained ligaments. The pain and stiffness from these injuries are often worse the day after the accident and continue to progress without treatment. The back muscles are put under a lot of strain each day. When muscles are overstretched, they hurt; they tighten and swell to protect themselves. This pressure is what causes a lot of your pain and discomfort.

Below you will find a list of instructions that will help decrease your pain and discomfort:

1. Ice your painful area(s) for 20 minutes per hour 3-4 times a day.

- Remember to place a paper towel on your bare skin
- Place the ice pack directly on the paper towel
- It will feel cold, then achy, and finally numb
- Ice is a potent natural anti-inflammatory
- Reducing inflammation is vital to the healing process

2. Sitting should be avoided as much as possible while in pain.

- It stresses the neck and back unnecessarily
- While driving, use the headrest to support the neck
- If you are watching TV, you might as well lie down

3. The Acute Pain Sleeping Posture is best for most painful backs.

- Lay on your back
- Put a blanket or pillows under your knees
- This will decrease the pressure on your lower back
- Laying on your side is an option as well
- Laying on your stomach is not recommended
- Roll to your side when getting up and down
- Do not be surprised if you are lightheaded or dizzy
- Take your time when getting up and down

Treatment: 8-12 weeks of treatment will vary from patient to patient, and how you respond to our treatment plan will determine how long you will be treated.

Please call us if you have any questions about your treatment at (404)383-1110