

Backs in the Driving Seat

Protection, Impact of Injuries and Treatment

Statistics show that four million Canadians were involved in accidents during the last year, the most common type being motor vehicle collisions. Although it is often difficult to avoid accidents, taking the time to implement the following tips can help save lives and minimize injuries.

Seatbelts

Proper use of lap and shoulder belts can reduce the risk of injury to front seat occupants by 45 - 55 per cent.

Child Safety Seats

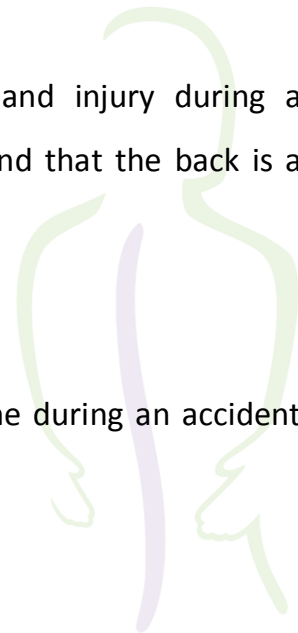
Children aged 4 to 8 years old should be secured in a booster seat. Child car seats can reduce serious injuries by 67 per cent and fatalities by 71 per cent.

Headrests

Headrests can reduce the amount of neck movement and injury during a collision. So, ensure that the top is level with your eyes and that the back is a maximum distance of 2 - 5 cm from your head.

Objects in the car

Store loose items in the trunk as they can become airborne during an accident and result in cuts, bruises, and even head injuries.



Responsible driving

Traffic injuries and fatalities can result from impairment due to the consumption of over-the-counter medications as well as from alcohol. Always consult your health care practitioner about possible side effects of medication that could affect your ability to drive safely.

What should you expect after being involved in a car accident?

The most common types of injuries include strains and sprains of one's muscles and ligaments. Strains of the neck muscles and surrounding tissues are often collectively called Whiplash Associated Disorders. Whiplash symptoms can include pain with movement, tingling in the arms and hands, and dizziness.

Treatment

Research indicates that the sooner one begins active treatment such as exercise and manual therapies for injuries, the better the outcome will be.

Doctors of chiropractic are specialists, who provide drug-free, hands-on treatment that targets the source of pain. Studies show that chiropractic treatment is increasingly recognized as one of the safest and most effective health care solutions. Chiropractic care can be used successfully to treat injuries resulting from automobile accidents.

