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PAIN RELIEF

Auto Accident Recovery

What to Do After a Car Accident

What to do after a car accident and how chiropractic speeds recovery.

A free patient education guide from our doctors
(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Even a 'minor' car accident can put significant force through your body. Your head and neck can be whipped back and forth in a fraction of a second, and symptoms do not always show up right away.

This guide walks you through what to do after an accident, the injuries to watch for, and how chiropractic care can support your recovery.

Right After the Accident

- Check for injuries and call 911 if anyone is hurt
- Move to safety if possible and turn on hazard lights
- Call the police and get a copy of the report
- Exchange names, contact, insurance, and vehicle details
- Photograph vehicles, the scene, and any visible injuries
- Get contact information from witnesses
- Notify your insurance company promptly

Get Evaluated, Even If You Feel Fine

Adrenaline can mask pain for hours or even days. Seek emergency care right away for severe pain, head injury, loss of consciousness, confusion, numbness or weakness, or difficulty breathing. For other symptoms, get a timely evaluation. Early documentation also helps with insurance claims.

Common Accident Injuries

- **Whiplash:** neck strain from rapid back-and-forth motion
- **Neck and upper back pain** and stiffness
- **Headaches** that begin hours or days later
- **Low back pain** from seat-belt and impact forces
- **Shoulder pain** from bracing on the wheel
- **Numbness or tingling** in arms or legs
- **Concussion:** requires medical evaluation

How Chiropractic Care Supports Recovery

Research on whiplash-associated disorders suggests that staying active and early, active care, including manual therapy and exercise, tend to support better outcomes than prolonged rest or collars.

Our care may include gentle adjustments and mobilization, soft tissue therapy, progressive exercises, and detailed documentation of your injuries and progress. We work with your other providers and can provide records to your attorney or insurer when you authorize it.

Insurance and Paperwork

Auto injury claims can be confusing. Our team can help you understand how your auto insurance, health insurance, and any third-party claim may apply to your care. Keep a simple log of your symptoms, missed work, and appointments; it will help your providers and your claim.

Do Not Wait

Delayed symptoms are common after a car accident. Getting evaluated promptly protects your health and creates a clear record of your injuries.

After-Accident Checklist

- ☐ Police report obtained
- ☐ Photos and witness info saved
- ☐ Insurance notified
- ☐ Medical evaluation completed
- ☐ Chiropractic evaluation scheduled
- ☐ Symptom and appointment log started

Common Questions

Do I need a lawyer?

That depends on your situation. We are happy to work with your attorney, but we cannot give legal advice.

My pain started days later. Is that normal?

Yes. Delayed onset is common with soft tissue injuries. Get evaluated as soon as you notice symptoms.

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YOUR NEXT STEP

Let's get you feeling your best again.

Been in an accident? Call (630) 289-2225 today to schedule your evaluation.

Book Now: (630) 289-2225

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VISIT US

1732 West Algonquin Road
Hoffman Estates, IL 60192

OFFICE HOURS

Tue & Thu: 8am-12pm, 3pm-6pm
Wed: 3pm-6pm
Sat: 8am-12pm
Fri: By appointment only
Mon & Sun: Closed

CONTACT

(630) 289-2225
info@freedomwellness.llc
freedomwellness.llc

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