After a car accident: whiplash checklist

Use these steps from the article to stay safe and recover well before and during care from a chiropractor after a car accident.

- [ ] Get a medical check after the crash, even when the neck pain feels mild.
- [ ] Seek urgent help for tingling, weakness, an electric shock feeling or trouble walking.
- [ ] See a GP when whiplash symptoms have not improved after 1 week.
- [ ] Keep doing everyday activities and avoid resting the neck for long periods.
- [ ] Skip a neck brace or collar unless a doctor advises one.
- [ ] Tell the chiropractor about the crash, every health condition and every medicine.
- [ ] Ask for gentle mobilization instead of a thrust if neck manipulation worries you.
- [ ] Get emergency care for dizziness, double vision or slurred speech after neck treatment.
- [ ] Keep notes, receipts and a symptom diary for insurance claims.

Notes

For general education only. Not a substitute for professional medical advice.