

**Q:** Why am I so sore after a car crash?

**A:** If you have been in a car crash you may have experienced the most common injury to the upper spine and neck. Common symptoms include joint pain, muscle pain, headaches, arm pain and leg pain. These symptoms occur when the vertebral joints and associated muscles and nerves are subjected to uncommon forces and movements associated with a car crash.

Some people develop pain, stiffness and other symptoms 7-10 days after an accident. Severe symptoms such as headache or arm/leg pain are also common. It is important to be aware that the effects of substantive crashes may recur over 6-18 months. Symptoms and effects will lessen gradually.

It is important that you have an examination by your family chiropractor as soon as possible to support the recovery process.



**Dr. Simpson Leung**  
Chiropractor

- Chiropractic Care
- Footlevelers Orthotics
- Massage Therapy
- MLS Laser Therapy
- Spinal Decompression
- Shockwave Therapy
- On-Premise X-Ray Facility



**Contact us today**  
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