

Powerful healing



Outstanding results

Physical Therapy for Auto Accident Injuries

Whether a serious crash or a fender-bender, all auto accidents are unexpected and have the ability to alter the health of the entire body, and the life style dramatically. Even the most minor accidents can lead to serious injuries.

Motor Vehicle Accident Facts:

- The majority of auto accident injuries affect soft tissues (muscles, tendons and ligaments) which doesn't show up on x-rays.
- The sooner you see a physical therapist the faster you will heal.
- Your auto insurance's personal injury protection can pay upto 100 % of your physical therapy - with no deductible or out of pocket expense.

Physical therapy at OMEGA REHAB is used in conjunction with massage therapy to provide drug-free, holistic pain management and rehabilitation following an auto accident. Our office targets the cause of symptoms after a crash in order to relieve pain and return the body to pre-accident levels of activity.



Who is a candidate for PHYSICAL THERAPY after an accident?

People who suffer from:

- Pain or discomfort in any area of the body that was not present prior to your accident.
- Stiffness in neck, back, shoulders or any other area that was not stiff prior to your accident.
- Numbness or tingling in any part of your body that was not present prior to your accident

Some of the more common auto accidents injuries are:

- Back Pain
- Disc Injuries
- Neck Pain
- Numbness/Tingling
- Arm Pain
- Leg Pain
- Whiplash
- Headaches
- Sciatica
- Seatbelt or Airbag Injuries
- Anxiety and/or Depression

Whiplash and Physical Therapy

Whiplash and other injuries to the soft tissues of the neck must be addressed as soon as possible. In many cases, the trauma of an auto accident—even a very slight crash—can seriously affect the normal curvature of the neck (and therefore the functioning of the entire nervous system).

Auto Accidents and Disc Injuries

There are a number of auto accident injuries that can cause back pain; bulged or herniated discs are among the most common forms of trauma experienced in the spine from a crash. The intervertebral discs, which act as cushions between the bones of the spine, may experience damage in which the inner, cushion-like center of the disc bulges outward and compresses the spinal nerves. This condition is diagnosed as a herniation when the disc ruptures and its soft, central portion moves outward toward the spinal cord.

Disc injuries in the lower back (lumbar spine) cause the symptoms of sciatica, whereas bulged or herniated discs in the neck (cervical spine) cause neck pain and headaches, among other sensations.

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NECK PAIN?

BACK PAIN?

ANY PAIN?

Nothing to lose



except your pain

Please contact **OMEGA REHAB SERVICES** office at 248.289.1127 if you have recently experienced an auto accident or any other trauma.
Phone: 248.289.1127 – Fax: 248.289.1196
Email: o.info@omegapt.info

MULTIPLE LOCATIONS TO SERVE YOU:

- 130 Hampton Circle, Suite 150, Rochester Hills, MI 48309
 - 23411 John R Rd., Hazel Park, MI 48030
- 4953 Shaefer Rd., Dearborn, MI 48126 (PRIME REHAB SERVICES)
 - 25509 Kelly Rd. Suite B, Roseville, MI 48060

WHY DO I NEED EARLY PHYSICAL THERAPY?

Studies have pointed out that early intervention with physical therapy results in faster healing time compared with those who wait longer to begin their medical treatment.

EVALUATION AND TREATMENT:

The Evaluation

One-on-one time will be spent with a qualified physical therapist to get a better understanding of your pain, difficulties and limitations.

Development Of An Individualized Treatment Plan

Once the limitations are determined we will provide the correct therapy plan to address the issues. You will have the opportunity to be involved in developing the treatment plan.

• **Exercise:** As experts in the types of injuries often incurred during a car crash, physical therapists design and implement customized programs of therapeutic exercise. Patients suffering from such injuries are taught a number of exercise practices with the goal of increasing the strength, range of motion, stability, and flexibility of the body. Therapeutic exercise is a major component in the main objective of helping patients return to normal, pre-accident movement—without pain.

• **Hot and Cold Therapy:** Used alternately, these two extremes are used for accelerated healing and the reduction of pain. Ice therapy slows the circulation in order to reduce inflammation and muscle spasms, while heat increases circulation to speed healing and hasten the removal of waste byproducts.

• **Massage:** Deep tissue massage applies direct pressure to the soft tissues to release tension, pain, and negative emotions. Massage is often used to prepare the body for other manual therapies such as chiropractic adjustment.

• **Electrotherapy:** Electrotherapy assists with tissue repair and helps improve mobility. It can also help to reduce the pain, swelling, muscle spasms, and muscle weakness associated with certain injuries.

• **Ultrasound:** By reaching deep into muscle tissues with sound waves, ultrasound technology is a passive therapy that boosts circulation and healing with heat.

• **Traction:** Lumbar and cervical traction is used to stretch the spine in order to remove the pressure on nerves and relieve pain. Traction is often used to resolve bulged or herniated disc conditions by creating a vacuum-like effect (by gently separating the bones of the spine) that pulls bulging disc material back in place.

• **Laser Therapy:** Cold Laser Therapy or Low Level Laser Therapy (LLLT) is a treatment that utilizes specific wavelengths of light to interact with tissue and is thought to help accelerate the healing process. It can be used on patients who suffer from a variety of acute and chronic conditions in order to help eliminate pain, swelling, reduce spasms and increase functionality.

BRINGING STRUCTURE AND FUNCTION INTO ALIGNMENT

• **RELIEF:** Our goal at OMEGA is to provide you with immediate relief on your first visit. Using various therapeutic techniques we can provide the relief that you need.

• **RESTORATION:** As your body heals and your pain subsides, the next steps are to increase your flexibility, strength, and endurance. Our goal is to help you to return to the activities that you enjoy doing as soon as possible.

• **MAINTENANCE:** As the saying goes, “once you hurt yourself there is always a weak link.” We will give you customized home exercise program and stretches that will keep that “weak” link strong and prevent the injury from recurring