



## Car Crash Myth

A common misconception about car crashes is that if your car doesn't sustain much damage, then you couldn't have been injured very much. A study published in the *Medical Science Monitor* journal dispels this myth.

It concludes: "A substantial number of injuries are reported in crashes of little or no property damage. Property damage is an unreliable predictor of injury risk or outcome in low velocity crashes." Reference:

Croft, A and Freeman, M. Correlating crash severity with injury risk, injury

severity, and long-term symptoms in low velocity motor vehicle. *Med Sci Monit*, 2005; 11(10): RA.

The reality is that the amount someone is injured after a car crash is variable and unpredictable. Even low velocity crashes can cause the neck to whiplash a significant amount, causing injury to your joints, nerves, ligaments and muscles. Even minor crashes warrant an evaluation to check your spine's function. [Contact your Vancouver chiropractor](#) if you're experiencing pain after a car crash.

## ICBC, WCB and Chiropractic

Most people know that chiropractic is an effective form of treatment for car crash injuries. However, most don't know that you are not required to see your family doctor first. Chiropractors are doctors, which mean they have the education and training to determine the exact cause of your injury, and to refer you to a different doctor if appropriate. ICBC will sometimes incorrectly advise clients to first see their MD; however it is not necessary for approval or funding of treatment. Less people are aware of the

effectiveness of chiropractic for workplace injuries. WorkSafe BC fully covers 4-8 weeks of chiropractic care for approved claims. Again, no referral from your family doctor is required. More importantly, chiropractic treatment has a great track record with these types of injuries, returning a significant proportion of people to work within 4 weeks of injury. If you've injured yourself at work, see your [chiropractor in Vancouver](#) as soon as possible to get yourself back to health and back to work.

## Upcoming Office Closures

There will be no closures for the month of November. Please check the December newsletter for our Christmas schedule.

### Topics in this issue:

- Car Crash Myth
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