

PALM BEACH HEALTH CENTER

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Hidden Damage: Why Every Car Accident (Even at 5 MPH) Needs an Immediate Check-Up

A car accident is a traumatic event, but often, the most dangerous injuries are the ones you cannot see. Whether it was a major collision or a minor "fender bender," the physical toll on your spine and nervous system can be life-altering if left unaddressed.

Low-Speed Impacts Matter

Many people assume that if there is little to no damage to the car, there is no damage to the body. This is a dangerous misconception.

Research shows that even a 5 MPH impact can transfer enough force to the human body to cause significant soft-tissue damage, whiplash, and spinal misalignment. Modern cars are designed to withstand low-speed impacts without crumpling, which means the energy of the crash isn't absorbed by the vehicle—it's absorbed by you.

The Danger of "Delayed Onset" Symptoms

Immediately after an accident, your body is flooded with adrenaline, which can mask pain. You might feel "fine" initially, only to wake up days or even weeks later with:

- Chronic headaches or migraines
- Neck and shoulder stiffness
- Numbness or tingling in the arms
- Low back pain and sciatica
- "Brain fog" or difficulty concentrating

Waiting for the pain to become unbearable before seeking help allows scar tissue to form incorrectly, making the road to recovery much longer and more difficult.

Know Your Rights: You Choose Your Care

If you are working with an attorney, they may suggest a specific medical office for your treatment. While they mean well, it is important to remember:

It is your legal right to choose where you receive your care.

GET EVALUATED TODAY

If you or a loved one have been involved in an accident—no matter how minor it seemed—getting checked immediately is the only way to prevent acute trauma from becoming a chronic, lifelong problem.

We are experts in documenting and treating personal injury cases. We work seamlessly with your insurance and legal team to ensure your only focus is on getting back to 100%.

Call us today to schedule your post-accident evaluation.

At Palm Beach Health Center, we specialize in the complex biomechanics of accident-related injuries. We offer a comprehensive suite of advanced therapies that standard offices simply don't provide:

1. Digital Motion X-Ray & Analysis:

- We don't just guess; we see exactly where the instability lies.

2. Corrective Chiropractic:

- To ensure your spine is restored to its proper alignment, preventing long-term degeneration.

3. Spinal Decompression:

- Gently relieves pressure on discs that may have been compressed or herniated during the impact.

4. Trigger Point Injections:

- Directly addresses acute muscle spasms and "knots" caused by the trauma, providing rapid relief and restoring movement.

5. Laser & Shockwave Therapy:

- To rapidly reduce acute inflammation and stimulate cellular repair.

BBQ Shredded Chicken

Ingredients

- 1 whole, large chicken
- 2 Tablespoons ghee or your fat of choice
- ½ white onion, minced
- 3 garlic cloves, crushed
- 1½ cups apple cider vinegar
- ½ cup tomato sauce or crushed tomatoes
- 2 Tablespoons tomato paste
- 3 Tablespoons honey
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon Tabasco or hot sauce

Instructions

- Rinse and pat the chicken dry. Place it in the slow cooker and sprinkle with salt and pepper. Cook on high for 3 hours or low for 5 hours.
- (Alternatives to making a crock pot chicken: poach 1½ to 2 pounds of chicken breasts or buy a pre-made rotisserie chicken from the market.)
- In a large saucepan, melt the ghee over medium heat. Add the minced onion and cook for 4-5 minutes or until softened.
- Now, add the rest of the ingredients: garlic, apple cider vinegar, tomato sauce, tomato paste, honey, salt, black pepper, and Tabasco. Stir well and bring to a boil, then reduce to a simmer over low heat.
- Simmer the sauce until the volume has reduced by a quarter to a third. It should be slightly thickened but not pasty.
- When the chicken has cooled a bit – unless you have asbestos hands – shred all the meat and unite it with the tangy, savory sauce.

Recipe from nomnompaleo.com



(561) 333-8353 - ROYAL PALM BEACH LOCATION



1011 N STATE RD 7 STE D, ROYAL PALM BEACH FL, 33411



(561) 588-7780 - WEST PALM BEACH LOCATION



7420 S DIXIE HWY, WEST PALM BEACH, FL 33405