

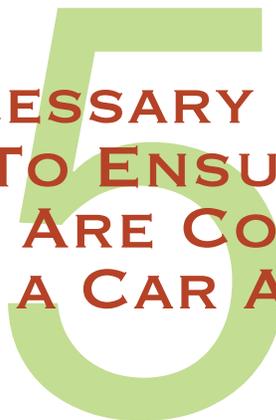


**Atlas Chiropractic of Asheville**  
Drug-Free Health Solutions



## **FREE GUIDE**

**NECESSARY STEPS  
TO ENSURE  
YOU ARE COVERED  
AFTER A CAR ACCIDENT**





## WHAT TO DO AFTER THE CAR ACCIDENT

### 1. **Pull over and call 911.**

Stop your car, and if you can, pull out of the line of traffic. Don't forget to turn on your hazard lights. Even if there are no injuries, it's still a good idea to call 911. That's the recommendation from the federal government's website, 911.gov, which recommends calling after "a car crash, especially if someone is injured." It isn't against the law to just exchange insurance information and move on, but if you call 911 or your local precinct and bring in a neutral third party to document the accident, you'll be doing yourself a favor.

### 2. **Exchange car insurance information.**

Even if you do not believe you were injured or your car was damaged, ask the other driver for their complete car insurance information. Some problems are not noticed immediately, but can become problematic within a few hours or days. a

At Atlas Chiropractic of Asheville, we work with a number of insurance companies to provide chiropractic care including Geico Insurance, Progressive Insurance, Statefarm Insurance, USAA Insurance and Essurance. If you have another company, check your book and you might be surprised to find us there too. The insurance process for auto accidents can be confusing, which is why our staff is trained to help guide you through it, explaining your benefits and options and helping you every step of the way. We assist you with getting the proper tests and even work with your MD to make sure we are all on the same page for your care.

### 3. **Get a police report.**

Call the number listed on the business card of the officer who responded to your accident and compiled the report. If the police officer didn't give you their business card, call the police station and ask for the officer who you worked with. When you speak to the officer responsible for your car accident report, explain to him who you are and give some details of the crash to help him remember.

### 4. **Take photos and gather witnesses.**

After the accident, it's extremely important to take pictures of the area of the accident from all directions. Be sure to take close-up photos as well as pictures from further away. Realize that, in the moment, you don't exactly know which angles best illustrate the accident scene. If you think that someone's view of the accident scene will be relevant, be sure that you walk over there and take pictures from that angle. For example, if the other driver told you after the accident that he/she couldn't see you coming, you would want to take pictures that showed how far back the other driver had a view of the accident scene.



**Atlas Chiropractic of Asheville**

Drug-Free Health Solutions

## 5. **Contact an experienced auto injury health professional.**

It is especially important to contact an upper cervical chiropractor after a car accident. What most people don't realize after an accident is that even minor car accidents can lead to soft tissue injuries and upper cervical misalignments. If these injuries are left untreated they can lead to chronic arthritic issues and further pain and health complications. Even minor fender benders can lead to injury and more than half of all whiplash injuries occur in crashes where there was little to no damage to the vehicle. The only way to rule out these whiplash injuries and upper cervical misalignments is to seek out an upper cervical chiropractor.

## **ATLAS CHIROPRACTIC OF ASHEVILLE CAN HELP**

Because of the whiplash effect that happens in nearly every accident, a comprehensive spinal evaluation at Atlas Chiropractic of Asheville is necessary. Unique detailed X-rays can help determine subtle **misalignments** in the upper cervical spine that often go unnoticed. Between the **Atlas Orthogonal Procedure**, the **PulStar Instrument** and **Spinal Disc Decompression**, Dr. Nygaard uses cutting edge technology to ensure your recovery is safe and extremely effective.

As an upper cervical specialist with more than 20 years experience, Dr. Nygaard has had tremendous success with patients who have sustained car accident injuries.

**If you have been in a car accident, contact us today to schedule a new patient appointment with Dr. Nygaard.**

**Call Now**  
(828) 253-0700