

**YOU ACTUALLY CAN LEAD A LIFE  
FREE OF PAIN AND DISCOMFORT AFTER A CAR ACCIDENT  
HERE IS HOW YOU CAN DO IT!**



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When you are in an auto accident, there are a number of unique aspects of the injury that make it impact more on your life than the average sports, work or lifting injury; and frequently cause the injuries to become a chronic problem that effects your quality of life for years, sometimes forever.

Why is it that so many of you live with discomfort and sometimes limitations in sports, social and work activities after a car accident? Should not modern medicine be able to fix these aches and pains?

Due to the tremendous forces applied to your body, generated by two vehicles colliding, you do not have an injury. You have thousands of small injuries that not only cause pain, but cause instability in the soft tissue stabilizing structures in your body.

That is why you hurt so much, your symptoms flare so easily while performing normal activities, it takes so long to get better, and you often then have chronic or recurring problems for years or forever.

You are told you have to live with the pain. Worse yet, some of you have been told you probably will develop arthritis, and have worse problems in the future

Most health care practitioners give excellent and appropriate treatment. It may be physical therapy, chiropractic manipulation, medication, acupuncture, injections, or rest. The problem is they base their treatment on **symptoms** only! When the patient feels better, they are released from treatment. They have fixed the pathology in the tissues- the spasm and inflammation which causes pain, but they do not address returning normal function to the injured tissues. That is the functional or rehabilitative approach.

Without proper REHABILITATION, chronic problems develop. As time goes on it returns more often, lasts longer, limits more activity and hurts more.

With proper REHABILITATION, the injury is permanently fixed.

Proper evaluation and treatment by an injury & rehabilitation specialist can make the difference between.....

True Recovery and Healing Vs. Lingering Pain and Disability

We have treated thousands of people, and have followed them for years so we know that we are having a positive long term effect on their lives. We also teach our unique approach to doctors all over the world.

Many people have seen various doctors for years. The treatment gives temporary relief, but the problem always returns. Why ???

The answer is simple!! If some type of treatment takes away the pain, then it was probably the correct treatment. But if the pain then returns, the real problem is not to treat the pain, but to keep the pain from returning. If manipulation of a bone or therapy, rest and medication to reduce muscle spasm and inflammation takes away the pain, you must find what is putting the bone back out of place or making the tissue tense or inflamed again.

### **THE "FUNCTIONAL OR REHABILITATIVE" APPROACH:**

**Treatment**—A competent doctor will supply some appropriate combination of medical treatment, chiropractic care, massage and physical therapy modalities. This will reduce symptoms and it is where most doctors stop.

**Self Treatment**- A doctor who utilizes a functional or rehabilitative approach will teach and empower the patient to have control over their own health and symptoms. An example is McKenzie "spinal mobilizations" you perform at work and home which take about 5-seconds and instantly reduce your symptoms.

### **Rehabilitation** –

Then a customized exercise routine for each patient is developed based on:

- Their ability and interest to exercise
- The specific injuries they have
- An evaluation of strength and flexibility imbalances in their body
- An evaluation of their work, sport, and personal activities (do they sit at a computer, lift small children, play basketball, do landscaping, etc.)
- The Rehab Exercises are done initially in the rehabilitation gym in our clinic. You can be taught to perform it in your own home or gym facility.

**Ergonomic Evaluation** – After an injury and proper treatment, your activities may place stress on the fragile injured tissues, keeping them from full recovery. A rehab trained doctor will evaluate their work, sport and personal activities, and supply Ergonomic training. This can be anything from how to adjust their workstation, how to improve their golf swing or tennis stroke, or how to lift their children or things at work.

THE GOAL OF THE TREATMENT PROGRAM DESCRIBED ABOVE IS TO:

- Empower you to be in control of your health
- Get you out of pain as soon as possible
- Return you to full work and personal activities
- Ensure that the problem does not return
- Make you perform better at whatever you do
- Eliminate your dependence on doctors